



## Anterior Instability/Bankart Repair Protocol

David E. Hartigan, M.D.

Patient Name	Date of Surgery
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**Procedure:**  Right  Left Shoulder Anterior Stabilization/Bankart Repair

**Associated Osseous Procedure:** (check if applicable)  Osseous Bankart repair

Evaluate and Treat

Provide patient with home program

**Frequency:** \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

**Phase I (0-4 wks) if typical Bankart; 0-6 wks if osseous Bankart**\*\*\*: *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.*

- **Weeks 0-1: No formal PT.**
  - Sling at all times (except for hygiene and pendulums).
  - Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).
- **Weeks 1-4 (1-6 if osseous Bankart): Begin formal PT (2-3 x/wk).**
  - Sling at all times (except for hygiene and PT).
  - ROM: Restrict motion to 90 deg FF / 20 deg ER at side / IR to stomach / 45 deg abduction.
    - Progress PROM g AAROM g AROM as tolerated within the above limits
    - Hold cross-body adduction until 6 wks post-op.
    - Heat before, ice after.
  - Strengthening: Cuff/periscapular/deltoid isometrics in sling only.

**\*\*\*Note: if an osseous Bankart repair was performed, the above protection phase should last 6 weeks.**

**Phase II (4-8 wks for typical Bankart; 6-8 wks if osseous Bankart):** *Transition to active motion and protected strengthening.*

- D/C sling if cleared by MD (*will keep sling until 6 wks if osseous Bankart repair performed*)
- ROM: Progress AROM 160 deg FF / 45 deg ER with arm at side / 160 deg ABD/IR behind back to waist
- Strengthening (only 3x/wk to avoid cuff tendonitis):
  - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits
  - Modalities as per PT discretion

**Phase III (8-12 wks):** *Advance ROM and more aggressive strengthening.*

- ROM: Advance passive ROM to full with gentle passive stretching at end ranges. Advance to full active ROM as tolerated.
- Strengthening:
  - Advance as tolerated from isometrics g bands g light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)

**Phase IV (3-12 months):** *Progress to sport-specific/occupation-specific rehab.*

- ROM: If ROM lacking, advance to full via gentle passive stretching at end ranges.
- Strengthening:
  - Continue with light weights 3x/wk.
  - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and closed-chain strengthening.
  - Transition to sports-specific/job-specific rehab and advanced conditioning as tolerated.
- Throwing:
  - At 4.5 months - if full-strength – can return to light tossing
  - At 6 months, throw from the pitcher’s mound and/or return to collision sports (hockey, football, etc.)
- Work:
  - Overhead work without lifting is usually possible at 4.5-6 months
  - Resume heavy labor once full-strength achieved (usually by 6-9 months)

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.**

**This patient \_\_\_ would \_\_\_ would not benefit from social services.**

Physician Signature	Date
Printed Name	