



MODERN ORTHOPEDICS

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ANTERIOR INSTABILITY / BANKART REPAIR PROTOCOL PRESCRIPTION

Name: _____ Diagnosis: _____ Date of Surgery: _____

DOB: _____ Phone #: _____

Frequency: 1 2 3 4 times / week || Duration: 1 2 3 4 5 6 Weeks

Weeks 0--1:

- Home exercise program given post--op

Weeks 1--4:

- Restrict motion to 90° FF/ 20° ER at side/ IR to stomach/ 45° ABD, PROM → AAROM → AROM as tolerated
- No cross--body adduction until 6 weeks post--op
- Isometric in sling
- Sling for 4 weeks

Weeks 4--8:

- D/C sling at week 4
- Increase AROM 160° FF/ 45° ER at side/ 160° ABD/ IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)

Weeks 8--12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1--5 lbs); 8--12 reps/2--3 set per rotator cuff, deltoid, and scapular stabilizers

Months 3--12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months; Throw from pitcher's mound at 6 months; Contact sports at 6--9 months

Modalities/Other: _____

Signature _____

Date: _____