
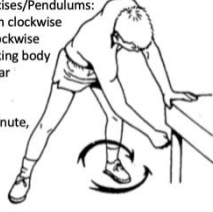



ANTERIOR STABILIZATION / BANKART REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
 Please contact office for renewal as needed

<p>Weeks 0-1</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Wrist flexion and extension:</p>  <p>Gently bend your wrist back and forth.</p> </div> <div style="width: 30%;"> <p>Codman's Exercises/Pendulums: Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  </div> <div style="width: 30%;"> <p>Elbow flexion and extension:</p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> </div> </div> <p>• 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day</p>
<p>Weeks 2-4</p>	<ul style="list-style-type: none"> • Restrict motion to 90° forward flexion/20° ER at side/45° abduction, PROM→AAROM→AROM as tolerated • No cross-body adduction until 6 weeks post-op • Isometric exercises in sling • Sling for 4 weeks
<p>Weeks 5-8</p>	<ul style="list-style-type: none"> • D/c sling at week 4 • Increase AROM 160° forward flexion/45° ER at side/160° abduction/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.)
<p>Weeks 9-12</p>	<ul style="list-style-type: none"> • 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 sets per rotator cuff, deltoid, and scapular stabilizers
<p>Months 3-12</p>	<ul style="list-style-type: none"> • Only do strengthening 3x/week to avoid rotator cuff tendinitis • Begin UE ergometer • Begin eccentrically resisted motions, plyometrics (e.g. weighted ball toss), proprioception (e.g. body blade), and closed chain exercises at 12 weeks • Begin sports-specific rehab at 3 months, including advanced conditioning • Return to throwing at 4.5 months, throw from pitcher's mound at 6 months • Contact sports at 6-9 months