

Bonnie P. Gregory, MD
ANTERIOR INSTABILITY / BANKART REPAIR
REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	Therapeutic Exercises
<i>0-7 Days</i>	No Shoulder motion Gentle active assisted Elbow motion Full wrist and hand motion	Worn at all times	Follow home exercise program provided.
<i>PHASE 1 1-4 Weeks</i>	Restrict motion to 90° FF 20° ER at side IR to stomach 45° ABD No cross arm ADD PROM → AAROM → AROM as tolerated	Worn at all times	Isometrics in the sling
<i>PHASE 2 4-8 Weeks</i>	Increase AROM 160° FF 45° ER at side 160° ABD IR behind back to waist Cross body ADD at 6wk	D/C at 4 Weeks	Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
<i>PHASE 3 8-12 Weeks</i>	If ROM lacking, increase to full with gentle passive stretching at end ranges	None	Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

<p><i>PHASE 4</i> <i>Months 3-12</i></p>	<p>Should have full ROM, if still lacking continue with gentle passive stretching at end ranges</p>	<p>None</p>	<ul style="list-style-type: none"> -Only do strengthening 3x/week to avoid rotator cuff tendonitis -Begin UE ergometer -Begin sports related rehab at 3 months, including advanced conditioning -Begin eccentrically resisted motions, plyometric (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks. -Return to throwing at 4 ½ months -Throw from pitcher’s mound at 6 months -MMI is usually at 12 months
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For any questions or concerns regarding the protocol or rehabilitation process please contact

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