



AT CORE ORTHO

**Anterior Stabilization / Bankart Repair Protocol**

**Week 0-2**

- Patient immobilized in sling for 4 weeks
- Patient to do home exercises – pendulums, elbow/wrist ROM if appropriate

**Week 2-4**

- Restrict ROM to 90 degrees flexion / 30 degrees ER at side / IR to stomach
- Start with PROM, and progress to AAROM and AROM as tolerated
- May perform isometrics in sling

**Week 4-8**

- Discontinue sling at 4 weeks
- Begin light strengthening, starting with isometrics and progressing to bands within ROM limitations - Begin periscapular strengthening exercises
- ROM guidelines: Flexion 140 / Abd 100 / ER 30 degrees at side / IR to back pocket - PROM should be within tolerance – no stretching into end-range or through pain barrier

**Week 8-12**

- May do more stretching into end-range if ROM is still limited
- Continue progression of PREs with bands and free weights– may begin UBE at 10 weeks - Begin closed chain shoulder stabilization exercises at 10-12 weeks
- Work AROM and strengthening into 90 degrees ER at 12 weeks to focus on shoulder stability - Full ROM at 12 weeks

**Week 12+**

- Begin sport-specific rehab at 3 months
- Continue progression of PREs with weights
  - o Strengthening no more than 3x/week to prevent tendonitis
- Return to throwing at 4-5 months
- Return to contact sports at 5-6 months