



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Bankart Repair/Anterior Stabilization Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

Phase I: 0-3 Weeks Post-op

Range of Motion

- PROM
- FE: 90°
- Abduction: 90°
- ER: 30°
- IR: to belly

Sling

- Immobilized in a sling with abduction pillow at all times.
- May be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- Codman's Pendulums
- Cervical ROM
- Begin scapula musculature isometrics / sets
- Elbow, wrist, hand ROM
- Ball squeezes
- General conditioning: bike, treadmill, etc.
- No AROM or AAROM

Phase II: 3-6 Weeks Post-op

Range of Motion

- Gradually increase Flexion/Extension to 80% of uninjured extremity
- Continue to limit ER and abduction – No ER past 90° in 90° of abduction

Sling

- Sling for comfort Week 3-4
- Transition out of sling Week 4

Therapeutic Exercise

- Begin AAROM exercises
- Pulley exercises
- Continue pool therapy if available
- Begin gentle rotator cuff isometric strengthening (ER at neutral)
- Periscapular strengthening
- Core strengthening
- Supine AAROM

Phase III: 6-12 Weeks Post-op

Range of Motion

- Progress to near full ROM (except abduction/external rotation)
- Continue to limit ER and abduction – No ER past 90° in 90° of abduction

Sling

- None

Therapeutic Exercise

- Begin AROM exercises
- Joint Mobilizations
- Rotator Cuff isometrics

- Elastic Resistance: ER/IR with elbow at the side of the body, forward punch, seated row, shoulder shrug, seated row, bicep curls, lat pulls, tricep extensions
- Gentle strengthening overhead: ER/IR in 90/90, D1/D2 flexion and extension diagonals

Phase IV: 12-16 Weeks Post-op

Range of Motion

- Progress to full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Continue stretching and strengthening with resistance bands
- Can begin golf, tennis (no serves until 4 months)
- Progress free weight exercises (low weight, high reps)
- IR/ER: side lying
- Supraspinatus: scapular plane
- Shoulder flexion: through pain free range of motion
- Arm ergometer/cycle for endurance exercise

Phase V: 16+ Weeks Post-op

Range Of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Begin practicing skills at a low intensity level for specific sport
- For throwers, initiate a throwing program
- Tennis may begin serves
- Total body conditioning/ergometer cycle