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## **ANTERIOR INSTABILITY (BANKART) PROTOCOL: ARTHROSCOPIC** For Physical Therapist Use Only

### **General Guidelines**

- Maintain surgical motion early, but don't push it
- Strengthen the surrounding musculature
- Alternate between pool (if possible) and land therapy
- Minimize heavy or excessive cyclic loads for the first 4-6 months
- Gradually progress
- **Most patients will only perform self directed therapy at home and then begin supervised PT at 6 weeks postoperative**

## **Outpatient Rehabilitation**

### *Phase I* Protective Phase (0-3 weeks post op)

- SLING
  - Wear for 6 weeks except when:
    - Performing exercises
    - Eating
    - Using computer or reading
    - Dressing
    - Showering
      - Most may shower immediately
  - Wear at night!!!
- Passive range of motion (Protected - PROM)
  - Forward Flexion to 90 degrees
  - Abduction to 90 degrees
  - \*\*\*Check with physician for any specific rotation limitations\*\*\*
- Pendulums and Codman's exercises
- Towel Slides or equivalent
- Pool for PROM
- Periscapular mobility
- General conditioning (stationary bicycle, treadmill, etc.)

- Maintain hand strength
- Maintain normal motion at the wrist and elbow

*Phase II* Range of Motion (3-6 weeks)

- Gradually increase passive range of motion (PROM) to 60-80% of full motion of flexion and extension
  - This DOES NOT include abduction or ER/IR
- Begin Active Assisted range of motion (AAROM) exercises
- Continue with pool therapy to improve ROM
- Begin gentle rotator cuff isometric strengthening (ER at neutral)
- Periscapular and core strengthening

*Phase III* Early Strengthening (6-12 weeks)

- Progress to near full ROM, except abduction and external rotation
  - Abduction and external rotation near full ROM
    - NO FORCED ABDUCTION or EXTERNAL ROTATION
- Maximal rotator cuff isometrics
- Progressive rotator cuff strengthening within pain-free zone
- Periscapular and core strengthening within pain-free zone
- Begin AROM exercises
- Joint mobilizations

*Phase IV* Strengthening and Stretching (12 weeks)

- Progress slowly with static stretches to regain full ROM in all planes
- Progress strengthening exercises
- Progress to machine weights
- Slowly progress to sports specific training

Please contact Dr. Kelly's Medical Assistant with any questions.

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