

# Bankart/Instability Rehabilitation Protocol

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### Post-op Rehabilitation Protocol – Bankart/Instability Repair

#### Weeks 0-4:

Maintain elbow wrist range of motion, Decrease swelling, pain

##### Treatment plan:

- 1) Participate in pendulum exercises
- 2) Swelling and pain control with ice
- 3) Active elbow, wrist and hand exercises

#### Weeks 4-8:

Increased shoulder flexibility (limits: Forward Flexion – full, ABD – 90, ER – 30)

##### Treatment plan:

- 1) Progressive ROM, and passive stretching (avoid full external rotation until 6 weeks after surgery)
- 2) Swelling and pain control with ice, modalities
- 3) Scapulothoracic strengthening, shoulder isometrics, scapular stabilizers
- 4) Active elbow, wrist and hand exercises

#### Weeks 8-12:

Full shoulder ROM, progressive strengthening

##### Treatment plan:

- 1) Continue with swelling and pain control
- 2) Strengthening program: UBE, band weights (start at 2oz-2lbs)
- 3) Rotator cuff/ shoulder PRE
- 4) **Ok to run or jog**

#### Weeks 12-20:

Full shoulder ROM, progressive strengthening

##### Treatment plan:

- 1) Sports specific training
- 2) Light PNF strengthening
- 3) Rotator cuff/ shoulder PRE
- 4) **Ok to golf**

**Cont. on next page**

#### Weeks 20-30:

**Goals:** Return to full contact sports if

- 1) pain free
- 2) full ROM
- 3) full strength

**Treatment plan:**

- 1) Sports specific training
- 2) Light PNF strengthening
- 3) Rotator cuff/ shoulder PRE