

Protocol for:

- **Anterior Instability/Bankart Repair**

Wear Sling for 8 weeks

- Avoid throwing position for 3 months

Return to Activities:

•Computer •Eating •Holding a book •Typing •Writing	Immediately
• Golf (Chip and Putt Only)	8 Weeks
• Tennis (No serving or overheads)	12 Weeks
• Contact Sports	4 Months
• Throwing	6 Months

Rehab:

Phase I (Passive ROM)	Weeks 1 – 3	<ul style="list-style-type: none"> • Pendulums to warm up • Passive ROM <ul style="list-style-type: none"> • Supine ER – 0 degrees • Supine FF – 90 degrees • No IR
	Week 4	<ul style="list-style-type: none"> • Passive ROM <ul style="list-style-type: none"> • Supine ER – 30 degrees • Supine FF – Full • IR to belt line
Phase II (Active/Assistive)	Week 5	<ul style="list-style-type: none"> • Pendulums to warm up • Active Assistive ROM with Passive stretch to: <ul style="list-style-type: none"> ○ FF - full ○ ER with arm in Adduction to 30 ○ IR gradually to full • Supine → Seated ER – gradually increase to full by 12 weeks. No terminal stretching with ER!!
Phase III (Resisted)	Weeks 6 - 12	<ul style="list-style-type: none"> • Pendulums to warm up • ER and IR • Standing Forward Punch • Seated Rows • Bicep Curls • PRE's for Periscapular Strengthening
Weight Training	Week 12	<ul style="list-style-type: none"> • Avoid Anterior Capsular Stress!! • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities • No military press, pull downs behind back, or wide grip bench press

*ROM – Range of Motion; ER – External Rotation; FF – Forward Flexion; IR – Internal Rotation
 PRE's – Progressive Resistance Exercises*