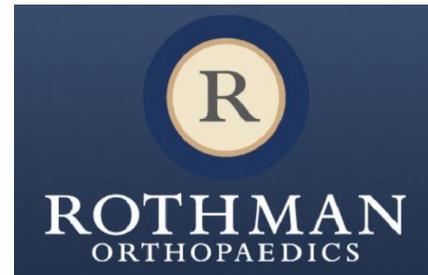


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ANTERIOR INSTABILITY / BANKART REPAIR PHYSICAL THERAPY PROTOCOL

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT Anterior Labral Repair

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

Weeks 0-1: Home exercise program given post-op

_____ Weeks 1-4:

Restrict motion to 90°FF/ 20° ER at side/ IR to stomach/ 45° ABD, PROM→AAROM→AROM as tolerated
Hold cross-body adduction until 6 weeks post-op
Isometric in sling
Sling for 4 weeks
Heat before/ice after PT sessions

_____ Weeks 4-8:

D/C sling @ week 4
Increase AROM 140°FF/ 40°ER at side 60°ABD/ IR behind back to waist
Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc.)
Physical modalities per PT discretion

_____ Weeks 8-12:

If ROM lacking, increase to full with gentle passive stretching at end ranges
Advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

_____ Months 3-12:

Only do strengthening 3x/week to avoid rotator cuff tendonitis
Begin UE ergometer
Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
Begin sports related rehab at 3 months, including advanced conditioning
Return to throwing at 4 months
Throw from pitchers mound at 6 months
MMI is usually at 12 months

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities

_____ Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis _____ Heat before _____ Ice after
_____ Trigger points massage _____ TENS _____ Therapist's discretion

Signature _____ Date _____