

**Dr. Brad Bushnell**  
**Harbin Clinic Orthopaedic surgery and Sports Medicine**  
**Physical Therapy**  
**Anterior Stabilization with Bankart Repair**  
**Post Operative Protocol**

**Phase I – Maximum Protection (Weeks 0 to 4):**

**Weeks 0 to 2:**

- Sling for 4 weeks
- Passive range of motion
- Flexion to 90°
- External rotation to 0° at 0° abduction
- Scapular stabilization exercises
- Wrist and hand exercises

**Weeks 2 to 4:**

- Flexion to 120° increase by 10° per week
- External rotation 30° at 0° abduction and 15° at 45° abduction
- Full internal rotation

**Phase II – Progressive Stretching and Active Motion Phase (Weeks 4 to 6):**

**Weeks 4 to 5:**

- Active range of motion
- External rotation 45° at 0° of abduction and 30° at 45° abduction
- Full flexion and internal rotation
- Sub-maximal rotator cuff isometrics

**Weeks 5 to 6:**

- External rotation full at 0° abduction, 45° at 45° abduction; 30° at 90° of abduction
- Full flexion and internal rotation
- Proprioception drills emphasizing neuromuscular control

**Phase III – Strengthening Phase (Week 6 to 10):**

- Full external rotation at 0° and 45° abduction; 45° of ER at 90° abduction increasing by 10° - 15° per week, should achieve 90° ER at 90° of abduction by week #10
- Full flexion and internal rotation
- Resisted rotator cuff and scapular strengthening program
- Scapular stabilization exercises
- Proprioception and neuromuscular control drills

**Phase IV – Advanced Strengthening and Plyometrics Drills (Weeks 10 to 16):**

- Full flexion and internal rotation,
- Full External rotation no aggressive stretching
- Gym strengthening protect the anterior capsule.
- Initiate closed kinetic chain strengthening
- Plyometric and rebounder exercises

**Phase V – Return to Activity (4 to 6 months):**

- Follow-up Examination With Physician
- Initiate Interval Throwing Program with >90% MMT RC and scapular stabilizers