

## Bankart or Anterior Glenoid Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Hand/elbow function</li> <li>● Decrease swelling</li> </ul>	<p>Abduction sling at all times</p>	<ul style="list-style-type: none"> <li>● Passive ROM restrictions: 30 ER, 60 Abduction, 90 FE, IR to belt for 3 weeks</li> <li>● Cervical, wrist, hand ROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Ice</li> <li>● Compression</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> </ul>
<p><b>Phase 2 (2-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Increase passive ROM</li> </ul>	<p>Abduction sling until 5 weeks</p>	<ul style="list-style-type: none"> <li>● Passive ROM restrictions starting <b>week 4</b>: 60 ER x 3 weeks, full abduction, full forward elevation, full IR</li> <li>● Begin active assist starting week 5: scaption &amp; FE, ER&amp;IR</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Continue neck, elbow, hand ROM</li> <li>● Initiate Pendulums</li> <li>● Continue scapular retraction exercises</li> </ul>



<p><b>Phase 3 (7-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Begin full PROM</li> <li>• Progress to AROM</li> <li>• (full FE, ABD, ER, IR to belt)</li> </ul>	<p>Wean out of sling after Week 5</p> <p>5 pound weightbearing restriction</p>	<ul style="list-style-type: none"> <li>• Progress to full PROM week 6</li> <li>• Active assist and AROM, progress to full</li> <li>• Sidelying ER, FE &amp; scaption, Salutes, prone extension and horizontal abd</li> <li>• Open chain proprioception</li> </ul> <p>Manual</p> <ul style="list-style-type: none"> <li>• Push to get full PROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Isometrics: internal and external rotation, biceps and triceps</li> <li>• Starting week 8 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> <li>• Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls/tricep extension, prone lower trap</li> <li>• Closed chain stability</li> </ul>
<p><b>Phase 4 (13-18 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Maintain full AROM and PROM</li> </ul>	<p>Progress from 5 pound restriction</p>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• External rotation strengthening at 45 and 90 degrees</li> <li>• Bear hugs</li> <li>• Statue of liberty</li> <li>• Push-up plus progression</li> </ul>
<p><b>Phase 5 (18+ weeks)</b></p>			<ul style="list-style-type: none"> <li>• PNF exercises with resistance</li> <li>• Decelerations and plyometric external rotation</li> </ul>

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<p>Goals:</p> <ul style="list-style-type: none"><li>● Match strength to contralateral side</li><li>● Increase muscular power</li></ul>	<p>Restrictions lifted</p>	<ul style="list-style-type: none"><li>● Continue Full A/PROM</li></ul>	<ul style="list-style-type: none"><li>● <u>24 weeks</u> - Progress to sport-specific and overhead activities</li><li>● Progress to contact sports</li></ul>
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