

Bankart or Anterior Glenoid Repair Protocol

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

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

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<p>Phase 5 (18+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Match strength to contralateral side ● Increase muscular power 	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> ● Continue Full A/PROM 	<ul style="list-style-type: none"> ● PNF exercises with resistance ● Decelerations and plyometric external rotation ● <u>24 weeks</u> - Progress to sport-specific and overhead activities ● Progress to contact sports
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