

Arthroscopic Anterior Stabilization Protocol/Bankart lesion Protocol

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Post-Op Weeks 0-4:

ROM: A/AAROM stretch to 20 degrees ER and 140 degrees forward flexion, IR as tolerated
Immobilizer: Worn at all times except for hygiene and exercises
Therapeutic exercises: Elbow/wrist/hand ROM, grip strengthening, isometric abduction, ER/IR exercises with elbow at side.

Post-Op Weeks 4-6:

ROM: Increase forward flexion, IR, and ER to full motion as tolerated
Immobilizer: Discontinue
Therapeutic exercises: Advance isometrics in phase I to use of a theraband, continue with elbow/wrist/hand ROM and grip strengthening, begin prone extensions, and scapular stabilizing exercises, gentle joint mobs

Post-Op Week 6-12:

ROM: Progress to full active motion without discomfort
Therapeutic exercises: Advance theraband exercises to use of weights, continue with and progress exercises in phase II, begin upper body ergometer

Post-Op Week 12 to 6 months:

ROM: Full without discomfort
Therapeutic exercises: Advance exercises in phase III, begin functional progression to work/sport, return to previous activity level

Guidelines:

Patient is required to complete stretching exercises 3 times per day
Patient may return to the weight room at 3 months, if appropriate
Patient may return to competitive sports, including contact sports, by 6 months, if cleared by surgeon