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**Anterior Instability Protocol  
(post op Bankart labral repair reconstruction)**

**Phase I: (0-2 weeks)**

Goals:

Protect surgery  
Decrease pain an inflammation  
Initiate safe ROM while protecting anterior capsule Patient education

Plan:

PROM limited to 90° of flexion and abduction Elbow and wrist ROM  
Modalities PRN  
Pendulum and scapular activities  
Light isometric activity  
Light resisted activity to wrist

**Phase II: (4-6 weeks)**

Goals:

Decrease pain and inflammation  
Achieve 60-80% of full ROM of flexion, extension and M. \*\*\*\*\*TMs DOES  
NOT include abduction/ER\*\*\*\*

Plan:

Begin increasing forward elevation (flexion in scapular plane) beyond '90°  
Joint mobilization: avoid aggressive mobs/avoid inferior and anterior; external rotation  
directions  
AAROM  
Aquatic therapy  
Gentle rotator cuff strengthening (ER to neutral) \*\*Check with  
physician on rotation limitations\*\*

**Anterior Instability Protocol**  
**(post op Bankart labral repair reconstruction)**

\*\*\*CONTINUED\*\*\*

**Phase III: (8-16 weeks)**

Goals:

Near full ROM: EXCEPT ABDUCTION/EXTERNAL ROTATION Good scapulo-humeral rhythm  
80-90% normal strength

Plan:

PROM (full range; ER near full range):

\*\*NO FORCE IN ABDUCTION/EXTERNAL ROTATION Joint mobilization

Progressive rotator cuff strengthening

Begin machine weighted exercise

Gentle PNF, eccentric cuff strengthening

Biodex training if requested by M.D.

**Phase IV: (>24 weeks)**

Goals:

Maximum ROM Increase strength

Return patient to sport/activity

Plan:

Continue with progressive resistive exercises Continue with machine weighted program

Sport specific training



## **ANTERIOR INSTABILITY PROTOCOL**