

## **Arthroscopic Anterior Stabilization Protocol/Bankart lesion Protocol**

Dr. Michael Chiu, MD  
Illinois Bone and Joint Institute  
Phone: (847)870-6100  
Fax: (847)870-8159

### **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