

Dr. Stephanie Muh Protocol		
2799 W Grand Blvd 12 <sup>th</sup> Floor Detroit MI 48202 313-916-2181		6777 W Maple Rd West Bloomfield MI 48322 247-661-6470
Anterior Stabilization/Bankart Repair		
Sling Use	• Sling 6 weeks	
Phase I: (Passive)	Weeks 1-3	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Passive ROM</li> <li>• Supine ER – 0</li> <li>• Supine FF – 90</li> <li>• No Internal rotation</li> </ul>
	Weeks 3-4	<ul style="list-style-type: none"> <li>• Pendulums</li> <li>• PROM Supine ER - 30</li> <li>• PROM FE - Full</li> <li>• PROM IR – to belt line</li> <li>• PROM ER with 20 abduction – 20-30 degrees</li> </ul>
Phase II: (active/assistive)	Week 5-6	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• AAROM with passive stretch</li> <li>• Supine seated ER – gradually increase to full by 12 weeks. NO TERMINAL STRETCHING with ER</li> <li>• Supine seated FE – full</li> <li>• Internal rotation - Full</li> </ul>
Phase III: (resisted)	Week 6-12	<ul style="list-style-type: none"> <li>• pendulums to warm up and continue with phase 2</li> <li>• External and Internal rotation</li> <li>• Standing forward punch</li> <li>• Seated rows</li> <li>• Bicep curls</li> <li>• PRE's for periscapular strengthening</li> </ul>
Phase IV (strengthening)	12 wks & beyond	<ul style="list-style-type: none"> <li>• Avoid anterior capsular stress</li> <li>• Home exercises</li> <li>• Hands within eyesight and elbows bent</li> <li>• Minimize Overhead activities (no military press, pulldown behind head, or wide grip bench)</li> <li>• ***** Very light weights with high reps and advance slowly</li> </ul>
Return to activities	<p>Immediately – computer, eating, holding a book at waist, typing, writing</p> <p>8 weeks – golf (chip and putt only)</p> <p>12 weeks – tennis (no overhead)</p> <p>4 months – contact sports, throwing</p> <p>6 months – Throwing program</p>	