

Bankart Repair Rehab Protocol

Weeks 0-1:

- Sling use. Remove only for pendulums and gentle active elbow range of motion. Active wrist and digital range of motion in sling.

Week 1-4:

- Continue sling use but may start physical therapy once a week.
- In physical therapy: Restrict motion to 90 degrees FF/20 degrees ER at side/IR to stomach/45 degrees ABD; PROM → AAROM → AROM as tolerated
- No cross-body adduction until 6 weeks post op
- Isometric exercises in sling
- Sling for 4 weeks total (patient should wear sling to bed)

Weeks 4-8:

- D/c sling at week 4
- Increase AROM 160 degrees FF/ 45 degrees ER at side / 160 ABD / IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
- Also start strengthening scapular stabilizers (traps/rhomboids/lev scap/ etc.)

Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers

Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendinitis
- Begin upper extremity ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks
- Begin sports related rehab at 3 months, including advanced conditioning. Advanced all activities as tolerated