

University Orthopedics, Inc.

BANKART REPAIR REHABILITATION PROTOCOL (Arthroscopic/Open)

This protocol was developed for patients who have had a bankart repair. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

PHASE I: 1 WEEK POSTOPERATIVE

GOALS: Protection and Pain Control

AMBULATION AND BRACE USE:

Sling x 6 weeks – Even while sleeping
Place pillow under shoulder / arm while sleeping
for comfort

EXERCISES:

Hand squeezing exercises
Elbow and wrist active motion (AROM) with
shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without
resistance
Ice pack

PHASE II: 1-2 WEEKS POSTOPERATIVE

GOALS:

- AAROM Flexion and abduction to 90 degrees

AMBULATION AND BRACE USE:

Continue sling x 6 weeks

EXERCISES:

Active assisted motion (AAROM) supine with
wand
– Flexion and Abduction to 90 degrees
– ER to within 50% of opposite shoulder
AROM – IR (supine, abd to 45 degrees) to within
30 degrees of opp shoulder
1-2 Finger Isometrics x 6 (fist in box)
– No Active Internal Rotation if Open Bankart
Resisted elbow / wrist exercises (light dumbbell)
Stationary bike (must wear sling)

PHASE III: ~2-4 WEEKS POSTOPERATIVE

GOALS:

- AAROM Flexion to 120 degrees
- Abduction to 110 degrees

AMBULATION AND BRACE USE:

Continue sling x 6 weeks

EXERCISES:

AAROM supine with wand
– Flexion to 120 degrees
– Abduction to 110 degrees
– ER to within 80% of opposite shoulder
AROM
– IR (supine, abd to 60 degrees) to tolerance

PHASE IV: ~4-6 WEEKS POSTOPERATIVE

GOALS:

- AAROM Flexion >120 degrees
- Abduction to 120 degrees

AMBULATION AND BRACE USE:

Continue sling x 6 weeks

EXERCISES:

Continue appropriate previous exercises
Full pendulum exercises
AAROM – Flexion (supine wand, pulleys) >120
degrees as tolerated
– Abduction (supine wand, pulleys) to 120
degrees
– ER (supine or standing wand) to within 15
degrees of opp shoulder
– IR as tolerated (wand behind back) – Not if
Open Bankart
Push-up plus against wall – No elbow flexion >
90 degrees

Prone scapular retraction exercises (w/o weights)
Treadmill – Walking progression program

PHASE V: ~6-9 WEEKS POSTOPERATIVE

GOALS:

- Full AROM
- 30 Wall pushups

AMBULATION AND BRACE USE: D/C Sling

EXERCISES:

Continue appropriate previous exercises
Continue appropriate previous exercises
AAROM (pulleys, wall climbs, doorway stretches) through full range
AROM through full range as tolerated
Rotator cuff strengthening with light Theraband – ER and IR with arm at side and pillow or towel roll under arm
– Flexion to 60 degrees
– Abduction to 60 degrees
– Scaption to 60 degrees
– Extension to 30 degrees
Standing rows with Theraband
Prone scapular retraction exercises (with light weight)
Ball on wall (arcs, alphabet)
BAPS on hands
Push-up progression – Wall to table (no elbow flexion > 90 degrees)
Body Blade
UBE forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

PHASE VI: ~9-12 WEEKS POSTOPERATIVE

GOAL: Normal rotator cuff strength

EXERCISES:

Continue appropriate previous exercises with increased resistance as tolerated
PROM / mobilization as needed to regain full ROM
Push-up progression – Table to chair (no elbow flexion > 90 degrees)

Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool walking / running – With UE resistance (no swimming)

PHASE VII: ~3-4 MONTHS POSTOPERATIVE

GOALS:

- Run 2 miles at easy pace
- 30 regular push-ups

EXERCISES:

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Push-ups, regular – No elbow flexion > 90 degrees
Weight training with light resistance
– No overhead press/pulldowns behind head
– No elbow flexion > 90 degrees with bench, dips, etc.
Pool therapy

PHASE VIII: ~ 4-6 MONTHS POSTOPERATIVE

GOAL: Resume all activities. ***No contact sports until 6 months postop.***

EXERCISES:

Continue appropriate previous exercises
Push-ups – no elbow flexion > 90 degrees
Sit-ups
Swimming
Running progression to track
Progressive weight training
– No elbow flexion > 90 degrees with bench, dips, etc.
Transition to home / gym program

No contact sports until 6 months postop.

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.