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
AAROM – 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
AAROM
– 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
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)

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.**