

Bankart Repair Rehabilitation Protocol

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	Range of motion	Immobilizer	Exercises
Phase I 0-6 weeks	<ul style="list-style-type: none"> • 0-3 weeks: None • 3-6 weeks: Begin PROM with limits of 90° flexion, 45° ER, 20° extension 	<ul style="list-style-type: none"> • 0-3 weeks: Immobilized at all times day and night except for hygiene and gentle home exercises • 3-6 weeks: Worn daytime only 	<ul style="list-style-type: none"> • 0-3 weeks: Elbow/wrist ROM, grip strengthening at home only • 3-6 weeks: Begin PROM - Codman's, posterior capsule mobilizations, avoid stretch of anterior capsule and extension • Closed chain scapular exercises
Phase II 6-12 weeks	<ul style="list-style-type: none"> • Begin active/active-assisted ROM and PROM to tolerance with goals fo full extension, 135° flexion, 120° abduction 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks • Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff¹
Phase III 12-24 weeks	<ul style="list-style-type: none"> • Gradual return to full AROM 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization • Begin muscle endurance activities (upper body ergometer) • Cycle/running ok at 12 weeks

	Range of Motion	Immobilizer	Exercises
Phase IV 4-5 months ²	<ul style="list-style-type: none"> • Full and pain-free 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Aggressive scapular stabilization and eccentric strengthening • Begin plyometric and throwing/racquet program, continue with endurance activities • Maintain ROM and flexibility
Phase V 5-7 months	<ul style="list-style-type: none"> • Full and pain-free 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Progress Phase IV activities, return to full activity as tolerated

¹Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises and keep all strengthening exercises below the horizontal plane in Phase II.

²Limited return to sports activities

*MD recheck at 7-10 days, 6 weeks and 3 months
 Avoid NSAIDS until 4 weeks after surgery*