



## Bankart Repair

### Precautions

**External rotation: Limited to 0° x4 weeks**

**Avoid 90/90  
 Stretching x6 weeks**

**ROM:  
 PROM: Week 1  
 AAROM: Week 4-5  
 AROM: Week 5**

<b>Post-Operative</b> Day 1-3	Dressing Change
	Sling Education/Fitting
	Hand/Wrist/Elbow PROM
	Gentle Pendulums

<b>PHASE 1</b> PROM Wk 1-4 <u>Goal:</u> Full PROM by Wk 6-8 <i>Promote Tissue Healing</i>	PROM as tolerated with PT
	Self Exercises: table flexion, dowel ER to 0°
	Core Strength
	Scapular/postural Education

<b>PHASE 2</b> AROM Wk 4-6 <u>Goal:</u> Full AROM by Wk 8-10 <i>Start AROM</i>	AAROM: supine press up, supine dowel flex, pulleys, supported reaching
	If tenodesis start resisted biceps at wk 6
	Scapular stabilization
	Cervical mobility and stability

<b>PHASE 3</b> Wk 6-10 <u>Goal:</u> Reach overhead up to 5 lbs. <i>Initiate strengthening</i>	Scapular mechanics/stability: Serratus and lower trap
	IR/ER rotator cuff add resistance
	Initiate close chain exercises
	Theraband exercises wk 8+

<b>PHASE 4</b> Wk 10-16 <u>Goal:</u> Lift > 5 lbs. overhead <i>Advanced strengthening</i>	Close chain progressions
	Overhead strength progressions
	Dynamic band work, progressive resistance, PNF patterns, UBE
	Golf progression wk 12

<b>PHASE 5</b> Wk 16+ <u>Goal:</u> Pain free work and recreation <i>Return to sport</i>	Ski and snowboard wk 16-20
	Rebound throwing progression wk 16-20
	Contact sport and swimming wk 20-24