

Arthroscopic Bankart Repair

Phase 1 goals

- Full passive range of motion at 4 weeks
- Full active range of motion at 6 weeks
- Sling on at all times for 6 weeks when not doing exercises
- Avoid throwing position for 3 months
- Stitches assessed and removed in clinic within 7-14 days

Weeks 0-2

- Gentle pendulum exercises
- Active elbow/wrist/hand range of motion and hand grip exercises
- Stationary bike permitted
- Modalities as necessary to decrease swelling
- PROM and gentle AAROM exercises while supine
 - Supine external rotation to 0
 - Supine forward flexion 0-90
 - No internal rotation

Weeks 2-4

- Continue previous activities
- Initiate proprioception training and scapular stabilization drills
- PROM and AAROM exercises while supine:
 - Supine external rotation 0-30
 - Supine forward flexion full
 - Internal rotation to belt line

Weeks 4-6

- Begin active range of motion while supine and seated:
 - Forward flexion full
 - Internal rotation full
 - External rotation—gradual increase to full over 12 weeks
 - No terminal stretching with ER

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Arthroscopic Bankart Repair (continued)

Phase 2 goals

Restore full active range of motion and strength

Weight training

- Keep hands within eyesight; keep elbows bent
- No military press; no pull downs behind head; no wide grip bench
- Avoid anterior capsular stretch or “throwing position”

Weeks 6-12

Discontinue use of sling at 6 weeks

External and internal rotation with tubes/bands of increasing resistance

Standing forward punch with increasing resistance and seated rows

Eccentric lateral, scapular, and posterior shoulder strengthening

Bicep curls and cuff strengthening with gravity only, then with increasing resistance added over 6 weeks

Return to activities

Computer at 4 weeks

Running at 10 weeks

Contact sports 16 weeks