



REHABILITATION GUIDELINES BANKART REPAIR

IMMEDIATELY POST-OP

DOS:

- Ultra sling for 4 weeks
- Begin hand, wrist, elbow, neck ROM
- No ER combined with abd x 6 weeks

1-3 WEEKS POST-OP

DATE:

- Initiate therapy 1x/wk if excessively tight or painful
- Pendulums
- Scapular retraction/depression activation
- Gentle PROM for flex and ER to neutral as needed

4 WEEKS POST-OP

DATE:

- Begin Stretching program for all motion (except ER combined with abd): overhead pulleys, dowel, table, etc
- Progress scapular stab training for appropriate scapula-humeral movement patterns
- Initiate very light CKC

6 WEEKS POST-OP

DATE:

- Initiate stretching for ER combined with abd to full by 8 weeks
- Initiate strengthening

10-12 WEEKS POST-OP

DATE:

- Begin overhead strengthening as tolerated and with good control
- Progress to sport/work specific training gradually

4-6 MO POST-OP

DATE:

- Return to sport after full range of motion and strength are achieved with the release of MD