ARTHROSCOPIC BANKART REPAIR PROTOCOL
(2/2015)
DR. DANIEL LEVENE

GENERAL PRECAUTION: NO APPEHENSION POSITION DURING REHAB UNTIL AT LEAST THREE MONTHS POST OP

Immediate post-op through 4 weeks post op
- Therapist assisted Passive range of motion (PROM) OK
- Immobilize full time except pendulums and stick assisted external rotation (ER) to 30°
- Scapular isometrics
- Active elbow, wrist and hand range of motion (ROM)

Second Month

- Wean from sling
- Isometric rotator cuff strength in mid range
- Active assisted motion and gentle stretch to increase forward elevation and rotation to full
- Therabands at 6 weeks post op

Third Month

- Aggressive terminal stretch to achieve full motion except combined abduction/external rotation (ER)
- Progress thru therabands and into light weights
- Dominant arm in throwers only may begin supervised stretching to assure full combined abduction/ER at 8 weeks post-surgery with goal of FULL arc of rotation at 12 weeks
- Throwers can begin light toss against rebounder at 10 weeks

Fourth Month

- Progress weight training with RESTRICTIONS as follows:
  - High rep/low resistance
  - NO wide grip bench
  - No lat pulls behind head
  - Keep hands within peripheral vision with military press, etc..
  - Push ups with hands no wider than shoulders
- No squat with traditional bar behind head to avoid anterior capsular stress (i.e. use vest or dumbbells)

- Throwers with supervised progression

**GENERAL TIMETABLE FOR ACTIVITIES**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Timeframe</th>
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<tbody>
<tr>
<td>Computer Work</td>
<td>ASAP</td>
</tr>
<tr>
<td>Golf</td>
<td>3-4 Months</td>
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<tr>
<td>Overhead sports except pitching</td>
<td>4 Months</td>
</tr>
<tr>
<td>Contact Sports</td>
<td>4-6 Months</td>
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<tr>
<td>Pitching from Mound</td>
<td>6 Months</td>
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