

REHABILITATION GUIDELINES
ARTHROSCOPIC BANKART REPAIR**GENERAL PRECAUTION: NO APPREHENSION POSITION DURING REHAB UNTIL AT LEAST THREE MONTHS POST OP**

0-4 WEEKS POST-OP

DOS:

- 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)

2 MONTH POST-OP

DATE:

- 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

3 MONTH POST-OP

DATE:

- 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

4 MONTH POST-OP

DATE:

- 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

RETURN TO ACTIVITIES

Computer Work	ASAP
Golf	3-4 Months
Overhead sports except pitching	4 Months
Contact Sports	4-6 Months
Pitching from Mound	6 Months