



Rehabilitation Guidelines: Arthroscopic Bankart Repair Michael W. Burris, MD

Post-op	Precautions	Therapy
0-4 weeks	Wear sling at all times for 4 weeks except for therapy and hygiene	<ul style="list-style-type: none"> • C-spine, elbow, wrist, hand AROM • Modalities as needed for pain control
4-8 weeks	Progress to full PROM for flexion, abduction, IR. <u>No passive ER stretching.</u> No resisted strength until 8 weeks post op.	<ul style="list-style-type: none"> • Initiate AROM gradually, without restrictions • Scapular stabilization • Advance isometrics
8-12 weeks	Exercise bands for 1 st 4 weeks of strengthening. No free weights until 12 weeks.	<ul style="list-style-type: none"> • Strengthening with bands/advance to light weights • Closed chains as tolerated
12-16 weeks	Light throwing only	<ul style="list-style-type: none"> • Free weights (bench press, lat pull downs, etc) • Sport specific exercises
>16 weeks		<ul style="list-style-type: none"> • Start interval throwing program

- Home exercises should be performed when not in therapy
- Return to sport is typically 4 months