

ARTHROSCOPIC BANKART REPAIR PROTOCOL

Postop	
0-2 Weeks	Immobilization with sling/swathe on at all times, except bathing ROM limits: 90° flexion, 45° abduction, 0° external rotation, 20° extension 1. Elbow and wrist AROM 3x/day minimum 2. Cryo Cuff/ice for pain
2-6 Weeks	Sling must be worn while at school, in crowds, riding in a car, and while sleeping. ROM limits: 90° flexion, 90° pure abduction, 30° external rotation at side, 20° extension 1. PROM and AAROM (wand pulley) within pain tolerance and limits 2. Gentle rotator cuff strengthening 3. General soft tissue and joint mobilization 4. Modalities as indicated for pain or inflammation
6-12 Weeks	Discontinue sling ROM limits: 60° external rotation, full flexion, abduction, and extension 1. Progress PROM and AROM as tolerated 2. Joint mobilization for scapular and glenohumeral mobility 3. Strengthening exercises for scapular stabilizers and rotator cuff within pain-free ranges. May include PREs, PNF, and weight equipment. Emphasis of strengthening on high reps and low weight, with postural awareness.
12-24 Weeks	1. Range of motion-self-stretching program 2. Progress independent strengthening program 3. Reinforce postural awareness, quality of exercise technique, and proper PRE progression 4. Coordination sports specific training to begin return to normal function
9 Months	Possible return to full strength throwing and contact sport, depending on strength and physician assessment