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POSTOPERATIVE REHABILITATION GUIDELINES
ARTHROSCOPIC POSTERIOR BANKART REPAIR

The following protocol is intended as a general guideline for physical therapist, athletic trainer, and patient after a posterior Bankart repair. These guidelines are designed to facilitate the expedited and safe return to athletic or professional activity and is based on a review of the current scientific principles of a posterior Bankart repair. For the treating health care provider this protocol should not serve as a substitute for individualized clinical decision making during the patient's post-operative course but should rather take into consideration the individual's physical findings, progression, and possible post-operative limitations. If the therapist or patient requires assistance or encounters any postoperative complication they should consult with **the surgeon**.

Physical Therapy to Start in first week after surgery.

Phase I - Immediate Post-Surgical Phase

Precautions:

1. No Lifting of Objects
2. No Excessive Shoulder Motion Behind Back
3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands

Week 0-4

- Sling Usage
 - 24/7 except for showers and exercise
- **NO PROM**
- Daily Exercises 4-5x/day
 - Elbow flexion/extension

- Hand and Wrist Mobility
- Cardiovascular Exercise
 - Stationary Bike Only
- ICE PRN

Phase II

Precautions:

1. No Heavy Lifting of Objects
2. No Supporting of Body Weight by Hands & Arms
3. No Sudden Jerking Motions

Weeks 5-12:

- D/C Sling for indoor usage
 - Continue sling usage outside until week 6
- Ok to move arm gently for simple tasks
 - Eating and dressing
- NO stretching or strengthening until week 6.
- At 6 weeks
 - Start RTC strengthening
 - Work toward full ROM except for IR
 - Begin throwing progression
- NO Cross body reaching or behind back
- NO Bench Press
- Cardiovascular
 - Elliptical without Arms at 6wks
 - Ok to add arms at 8wks
 - Treadmill at 6wks
- ICE PRN

Phase III : Strengthening

Week 12+

- Progressive Strengthening
- No Restrictions on ROM or strengthening
- Return to sport with MD approval