

## ARTHROSCOPIC BANKART REPAIR Rehabilitation Protocol

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### PHASE I: PROTECTION - WEEKS 1-5

**Goals:** protection of healing tissue, decrease of pain and inflammation, begin passive range of motion

#### Post-Op Days 1-21:

- Postoperative dressing
- Begin pendulum exercises in sling
- Active elbow and wrist range of motion
- Postural correction as indicated

*Note: return to the clinic 7-10 days post-op for suture removal and re-evaluation*

#### Post-Op Days 22-35: Begin Physical Therapy

- Finger wall climbs to 90° of flexion and abduction
- Progress in passive range of motion: flexion to 120°, abduction to 120°, external rotation to 30° with arm at the side

### PHASE II: INCREASE RANGE OF MOTION - WEEKS 6-8

**Goals:** increase range of motion as tolerated with elbow at 90°, continue to protect healing tissue

- At six weeks discontinue sling
- Continue previous exercises
- Pulley exercises as tolerated
- Active assisted range of motion as tolerated and isometric shoulder exercises

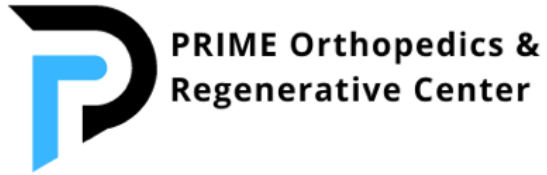
*Note: at the end of six weeks, the patient should have a near normal range of motion, except for external rotation and some internal rotation behind the back.*

### PHASE III: STRENGTHENING - WEEKS 9-12

**Goals:** full range of motion, regain and improve muscular strength

- Continue previously prescribed exercises
- Resisted exercises with emphasis on rotator cuff and scapular stabilizers

### PHASE IV: RETURN TO ACTIVITY – MONTHS 4-6



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**Goals:** continue to increase strength, power and endurance, gradual return to sports and high-level activities

- Continue previously prescribed exercises
- Initiate interval throwing program

#### ADDENDUM

This protocol provides general guidelines for physical therapy following arthroscopic surgical repair of Bankart lesions. It is subject to modification depending on the degree of the lesion, any concomitant injuries, the type and extent of the surgical intervention and other factors. For any further questions, please call our office at (561) 465-8884.