



GOLDEN STATE ORTHOPEDICS & SPINE

BANKART REPAIR POST-OP PROTOCOL

PHASE I: Weeks 0-2 (Immediate Post Surgical Phase)

- **SLING:** FULL- TIME x 5-6 weeks except during showering or elbow ROM
- **CRYOTHERAPY:** For 2 weeks post-op and after PT
- **SOFT TISSUE MODALITIES:** Axilla, pec major/minor for pain & swelling
- **GOALS:** Protect repair, diminish pain/inflammation, enhance scapular function and achieve appropriate ROM.

PHASE I PRECAUTIONS:

- **Educate patient:** Avoid **Abduction/ER** – Avoids anterior-inferior stress on repair
- **No AROM** of shoulder, **No Lifting** with operative shoulder.
- **Sleep in Ultra-Sling**
- **Shower** with arm at side.

EXERCISES: Weeks 1 -2

- **Pendulums**, PROM/AROM elbow, wrist, hand & neck, grip strength ww Normalize scapular position, mobility and stability
- Shrugs (Up, Back and Down in Circular Motion)

PHASE II: Weeks 3-6 (Protection Phase/PROM)

- **GOALS:** Gradually restore **shoulder PROM**
- Achieve full Forward Flexion in scapular pane
- Achieve PROM of ER to 30° (with arm at side)
- **No shoulder AROM, No lifting > coffee cup**
- Continue **sling** through Week 6 (unless otherwise indicated)

Week 3

- Begin supine Active-Assisted ROM
 - 1) **Supine Forward Elevation:** Goal of 90° by Week 4, 120° by Week 5
 - 2) **Passive Internal Rotation:** With Wand (*Delay until 6 weeks for posterior repair)
- Scapular setting & prone scapular retraction
- OK to begin non-impact cardiovascular exercise (stationary bike)

Weeks 4-5

- Work on **ER PROM & AAROM** (with wand): ER to 30° @ neutral & then ER to 30° in 20° ABD

Week 6

- Work on ER PROM/AARPM: ER to **30° in 90° ABD**
- Begin **Table Slides + Wall Slides**
- Continue Scapula Protraction/Retraction



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PHASE I and II: EXERCISE EXAMPLES

- 1) **Passive Supine Flexion/Forward Elevation:** Lie on back & grasp wrist with non-op hand. Passively raise operative arm overhead. Aim for 90° by week 4. In weeks 4-5, progress to 120°. Full ROM by 6 weeks. Keep elbow bent & relaxed.



- 2) **Pendulum Exercise:** Hold chair back with non-op hand & lean forward. Let operative arm hang down & use body to passively swing arm: Forward, backward, side-to-side & in small circles. Repeat throughout day as tolerated.



*POSTERIOR REPAIR/REVERSE BANKART

**Please note following precautions:

*For 6 weeks: No horizontal adduction, No Wall Push-Ups, No AP glides or posterior shearing

*For 4 months: No push-ups, No bench press, No plank position



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PHASE III: Weeks 6-12 (Intermediate Phase/AROM)

GOALS:

- Begin to **wean sling** in Week 6. **Discontinue completely** by end of Week 6.
- Allow use of operative extremity for **light ADLs**
- Progress AAROM (**OK to begin pulleys + doorway stretches**)
- Gradually **progress to AROM** (straight plane movements) + light strengthening
- Gradually increase **ER PROM**

PHASE III PRECAUTIONS

- No aggressive ROM/Stretching, **NO Lifting > 5-8 lbs**
- No strengthening in position of abduction & ER (i.e no Flys, Push-Ups)

EXERCISES

Weeks 6-7

- Continue to increase **ER PROM**: ER of 30°-50° at 20° ABD, then 45° at 90° ABD
- Begin limited **Active ER** (lateral or prone): Limit to 40° with arm at side
- Begin **Active Forward Flexion** (in scapular plane, progress as tolerated)
- Begin light biceps & triceps resistive exercises

Week 8

- Begin assisted-IR behind back
- Begin Prone Elbow Planks (***NOT UNTIL MONTH 4 WITH POSTERIOR LABRAL REPAIR***)
- Begin Push-ups (Advance weekly)

ROM LIMITS

Week 8

- Ok to start combined ABDUCTION/ER to 45°/45° (in clinic with PT/PTA ONLY)

Week 10

- **Begin treadmill**: Running Progression Program
- Progress ABD/ER to WNL
- AROM should be WNL

PHASE IV: Weeks 13-20 (Strengthening Phase)

EXERCISES

Week 13

- Continue resistive strengthening & T-Band work in Abduction/Adduction. **ww** Begin Horizontal Abduction strengthening.
- Start **Bilateral UE Plyometrics, Two-Handed** Ball Toss Against Wall.
- OK to begin Pectoral Flys at Week 13-14
- Start gentle swimming – Breast stroke only



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Week 16

- Initiate **Unilateral UE Plyometrics, Single-Handed Ball Toss**
- Start freestyle swimming @50% effort
- Soft Toss @50% effort, close distance
- Throwing Mechanics assessed by coach or PT
- Sport Specific drills with limited effort to 50%

Weeks 17-20

- Progressive weight-training (no elbow flexion >90° with bench/dips)
- Initiate interval throwing program on level ground

PHASE V: Week 21-26 (Advanced Strengthening Phase)

- Initiate T-Band ER/IR at 90° Abduction (slow/fast sets)
- Continue strengthening program to progress endurance
- Progress Interval throwing program and/or initiate Sports-specific drills (including long-toss)

Phase VI: Months 6+ (RETURN TO SPORT/ACTIVITY)

- Clear for contact sports after 6 months
- Continue/advance sports-specific drills



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