



Bankart Repair PT Protocol **Andrea Saterbak, MD**

0-2 weeks post-op:

- Pt to wear sling for 4 weeks
- No supervised PT until post-op visit at 2 weeks
- May do pendulums at home

2 weeks post-op:

- Gentle PROM avoiding ER beyond pain
- Continue pendulums
- Scap sets
- Sub-maximal isometrics
- Trapezius and levator stretch
- Posture education
- Move uninvolved joints – elbow/wrist/fingers
- Ice for pain management

4 weeks post-op:

Caution: most unstable time, suture material absorbing, avoid aggressive ROM

- Wean out of sling
- Continue PROM all directions (caution with abd and ER), begin AAROM
- Mid and lower trap strengthening
- Scapular stabilization

8 weeks post-op:

Goal: Full ROM by 8-12 weeks

- Goal of functional AROM
- Ok to use arm for ADLs
- Begin strengthening when ROM is achieved
- RC strengthening with therabands
- Begin strengthening with light weights and progress per tolerance
- Ball on wall or body blade (make sure scapulas are set)

10 weeks post-op:

- Aggressive strengthening
- Gain full functional ROM

*Expect full/pain free ROM and good strength at 4 months post op.

***Throwers:** start “Throwers 10” program at 4 months