

Michael W. Burris, MD
Orthopaedic Surgery and Sports Medicine

Rehabilitation Guidelines: Arthroscopic Bankart Repair

Post-op	Precautions	Therapy
0-4 weeks	Wear sling at all times for 4 weeks except for therapy and hygiene	<ul style="list-style-type: none"> • C-spine, elbow, wrist, hand AROM
4-8 weeks	Progress to full PROM for flexion, abduction, IR. <u>No passive ER stretching.</u> No resisted strength until 8 weeks post op	<ul style="list-style-type: none"> • Initiate AROM gradually, without restrictions • Scapular stabilization • Advance isometrics
8-12 weeks	Exercise bands for 1 st 4 weeks of strengthening. No free weights until 12 weeks.	<ul style="list-style-type: none"> • Strengthening with bands/advance to light weights • Closed chains as tolerated
12-16 weeks	Light throwing only	<ul style="list-style-type: none"> • Free weights (bench press, lat pull downs, etc) • Sport specific exercises
>16 weeks		<ul style="list-style-type: none"> • Start interval throwing program

This is only a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.

Return to sports is typically 4 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and can compromise the result of your surgery.

