

Rehabilitation after Arthroscopic Bankart Repair

This protocol is intended to provide rough guidelines for clinicians and patients through the post operative course after arthroscopic Bankart repair. Specific interventions and details should be based on the needs on individual patients. Exam findings as well communications with the operative surgeon and intraoperative findings should always be factored into treatment.

If you have any questions, please do not hesitate to contact Dr. Kazemi.

Phase I (Week 1-6):

- Focused on protection of repair, healing, and minimizing pain
- No AROM or PROM of the shoulder
- Pendulum exercises
- Elbow, wrist and hand exercises to assist with swelling control
- Sling to be worn at all times

Phase II (Week 6-12)

- Focused on regaining ROM
- Sling is discontinued at 6 weeks
- Start with PROM of the shoulder, slowly progressing to AAROM, and AROM
- Goal to have close to full / symmetric ROM by the end of phase II

Phase III (Week 12+)

- Focused on strengthening exercises
- Patient should be progressed symptomatically
- Can start sports specific training at the discretion of the physical therapist once strength is restored
- Return to sports and high demand activities generally at 20+ weeks