



Physical Therapy Bankart Repair
Post-Operative Therapy Plan

Date of Surgery: _____

Surgeon: _____

Date of Injury: _____

Additional Considerations/Precautions (tissue quality, anchor type, etc): _____

Sling: 6 weeks. Remove for showering/dressing and PT exercises. May begin weaning sling at home at 4 weeks, but to continue use during activity outside the house and sleeping.

(DeFroda SF, Mehta N, Owens BD. Physical Therapy Protocols for Arthroscopic Bankart Repair. Sports Health. 2018 Jun;10(3):250–8.) 4.8 ±1.8 wks

Next Follow Up with MD/PA: _____

Bankart Repair

Precautions: No cross body adduction x 6 wks
If biceps tenodesis - Hold biceps with resistance x 8 wks

Ideally patients should achieve the following milestones before advancing to the next stage.

	Intervention	Milestones
Week 0-6 _____	Control pain and inflammation. Protect surgical repair/Ensure wound healing. Progressive, non-forceful PROM of shoulder. AROM of elbow/wrist/hand. Postural education/Scapular retraction exercises. Begin Isometrics in sling. Initiate limited AAROM to 90° for flexion and abduction. (Wk 2 – progressing throughout) Rhythmic stabilization exercises. (Wk 4)	Good pain management Full ROM elbow/wrist/hand Shoulder PROM/AAROM progressing without stiffness <ul style="list-style-type: none"> - 0-2 wks FF 90° ER (at side) 20° IR 45° - 2-4 wks FF 90° ER (at side) 20° IR 60° - 4-6 wks FF 145° (advance as tolerated) ER (at side) 45° IR 60°
Weeks 7-8 _____	Initiate limited AROM to 90° for flexion and abduction. Continue isometrics out of sling. Initiate horizontal abduction exercises.	Full shoulder PROM <i>(DeFroda SF, Mehta N, Owens BD. Physical Therapy Protocols for Arthroscopic Bankart Repair. Sports Health. 2018 Jun;10(3):250–8.) 9.2 ± 2.8 wks</i>
Week 9-12 _____	Advance AROM. Initiate PREs within AROM limitations. Initiate light closed chain exercises with progression throughout phase. Initiate plyometric exercises.	AROM progressing <ul style="list-style-type: none"> - FF 160° - ER (at side) 45° - Abd 160° - IR behind back to waist
Week 13-16 _____	Progress PREs→resistance→90/90 Continue scapular exercises. Progress closed chain exercises to full weight bearing. Begin push up progression. (DO NOT cross midline). Progress plyometric exercises →Single arm Begin PNF patterns. Begin Overhead strengthening. Initiate gym program: 3-4x/wk <ul style="list-style-type: none"> - Always see back of hand - Low weight/high reps to begin 	Strength progressing without pain Maintain full ROM <i>(DeFroda SF, Mehta N, Owens BD. Physical Therapy Protocols for Arthroscopic Bankart Repair. Sports Health. 2018 Jun;10(3):250–8.) 12.2 ± 2.8 wks</i> 4/5 strength or greater
Week 16+ _____	Continue plyometric exercises. Sport specific activity - Begin return to throwing/swimming regimen per physician direction (~5 mos). Regular gym attendance (no behind neck, always see back of hand)	5/5 strength Progress to all normal activities as tolerated Pass appropriate selected functional return to sport tests Return to sport

This therapy plan provides a synopsis of guidelines for recovering from surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.