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.

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.*

<table>
<thead>
<tr>
<th>Week</th>
<th>Intervention</th>
<th>Milestones</th>
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</table>
- 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° |
| 7-8      | Initiate limited AROM to 90° for flexion and abduction. Continue isometrics out of sling. Initiate horizontal abduction exercises. | Full shoulder PROM  
| 9-12     | Advance AROM. Initiate PREs within AROM limitations. Initiate light closed chain exercises with progression throughout phase. Initiate plyometric exercises. | AROM progressing  
- FF 160°  
- ER (at side) 45°  
- Abd 160°  
- IR behind back to waist |
- Always see back of hand  
- Low weight/high reps to begin | Strength progressing without pain Maintain full ROM  
4/5 strength or greater |
| 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 |