

**Arthroscopic Bankart Repair  
Postoperative Rehabilitation Protocol  
Dr. Jeffrey Witty, M.D.**

	<b>Weightbearing</b>	<b>Sling</b>	<b>ROM</b>	<b>Exercise</b>
<b>Phase I Week 0 - 2</b>	NWB	Immobilizer at all times when not doing exercises	Elbow/hand ROM  AROM/AAROM: Flexion 0 – 90 ER to neutral  No passive stretching	Pendulums Supine assisted ROM
<b>Phase II Week 2 - 4</b>	NWB	Immobilizer at all times when not doing exercises	Cont elbow/hand  AROM/AAROM: Flexion 0 – 110 ER to 10  No passive stretching	Continue Phase I  Gentle isometric internal, external rotation.  Deltoid isometrics at the side.  Scapular Protraction and retraction
<b>Phase III Week 4 - 6</b>	NWB	Immobilizer at all times when not doing exercises	AROM/AAROM: Flexion 0 – 130 ER to 20  No passive stretching	Continue Phase II  Can add lower extremity strengthening
<b>Phase IV Start Week 6 - 8</b>	Progress as comfort allows	Wean out of sling	Full flexion and internal rotation  Full motion allowed after 6 weeks with ER restriction below.  PROM/AROM/AAROM: External rotation to 90% of opposite side	Continue Phase III  Upper body cycling  Progress AROM/AAROM
<b>Phase V Week 8 - 12</b>	WBAT	None	Progressive to full ROM	Continue phase IV  Begin PRE, , high rep low weight  Add plyometrics
<b>Phase VI 12 - 16</b>	WBAT	None	Full ROM	Continue phase V
<b>Phase VII 16 - 26</b>	WBAT	None	Full ROM	Add sport specific training program  RTP at 6 months

**Arthroscopic Bankart Repair  
Postoperative Rehabilitation Protocol  
Dr. Jeffrey Witty, M.D.**

--	--	--	--	--

**Other Notes:**

- throwing program for overhead athletes between 3 – 6 months.

**Modalities:**

- ice for swelling, pain