


 REHABILITATION GUIDELINES
 ARTHROSCOPIC BANKART REPAIR

GENERAL PRECAUTION: NO “APPREHENSION” POSITION (COMBINED ABD AND ER) DURING REHAB UNTIL AT LEAST THREE MONTHS POST OP

0-4 WEEKS POST-OP

DOS:

- Therapist assisted Passive range of motion (PROM) OK, after two weeks post-op. No mobilization.
- Immobilize full time except pendulums and stick assisted external rotation (ER) to 30°
- Scapular isometrics
- Active elbow, wrist and hand range of motion (ROM)

2ND MONTH POST-OP

DATE:

- Wean from sling
- Isometric rotator cuff strength in mid range
- Active assisted motion and gentle stretch to increase forward elevation and rotation to full
- Therabands at 6 weeks post op

3RD MONTH POST-OP

DATE:

- Aggressive terminal stretch to achieve full motion except abduction with ER
- Progress through therabands and into light weights.

4TH MONTH POST-OP

DATE:

- Progress weight training with RESTRICTIONS as follows:
 - High rep/low resistance
 - NO wide grip bench
 - No squat with traditional bar behind head to avoid anterior capsular stress
 - No pull downs behind head

RETURN TO ACTIVITIES

Computer Work	ASAP
Golf	3-4 Months
Physical Labor	4-6 Months
Overhead sports except pitching	6 Months
Contact Sports	6 Months
Pitching from Mound	6 Months