



POST OP Bankart Repair

Week 4-6:

Simple sling. Pendulums and elbow ROM exercises. Limit external rotation to neutral and forward elevation to 90 degrees x 4 weeks. Avoid excessive abduction and external rotation. Progressive Active and Passive ROM exercises are to begin at 4 weeks with external rotation limited to 45 degrees when arm also abducted. If patient appears stiff at 4 weeks may discontinue sling immobilization. Concentric internal and external strengthening within limits of motion. Goal to achieve full ROM by 6 weeks.

Week 6-10:

Unrestricted active ROM allowed. Rotator cuff and scapular stabilizer muscle strengthening.

Week 12:

Initiate gentle strengthening exercises.

Month 4-6:

Expect return to sports.

Frequency: 1x/wk 2x/wk 3x/wk. 4x/wk. 5x/wk.

Duration: 1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks