

Physical Therapy Protocol Following Bankart Repair

Shoulder Immobilizer: 4 weeks for West/Bryant, 6 weeks for Najarian/Giuliani

Post-Op Weeks 0-2:

Goals:

1. Minimize swelling and pain

Exercises:

1. Gentle pendulum exercises
2. PROM/AROM of elbow and wrist only
3. PROM to 90⁰ of forward flexion
4. External rotation to 0⁰
5. Ball squeezes

Post-Op Weeks 2-4:

Goals:

1. Full, painless PROM in forward flexion
2. Gradually increase external rotation (NO > 30⁰)

Exercises:

1. PROM:
 - Full passive forward flexion
 - External rotation at the side to 30⁰ maximum
 - Internal rotation to belt line

Post-Op Weeks 4-6:

Goals:

1. External rotation to 45⁰
2. PROM and AROM parameters

Exercises:

1. PROM and AROM parameters:
 - Full forward flexion
 - Internal rotation to 50⁰
 - External rotation to 45⁰
2. Begin posterior capsule stretching:
 - Cross arm stretch
 - Side lying internal rotation

Post-Op Weeks 6-10:

Goals:

1. Full PROM and AROM in forward flexion and IR (may begin IR & ER at 90/90 at week 8)
2. Increase external rotation
3. Optimize neuromuscular control
4. Progress with strengthening
5. Avoid excessive anterior capsule stretching with overhead strengthening

Exercises:

1. Increase active and passive external rotation at the side to full by 8 weeks
2. Continue with posterior capsule stretching
3. Initiate strengthening program:
 - Seated row
 - Biceps curls
 - Tricep extensions
 - Lat pull-downs (in front of head)

Post-Op Weeks 10-12:

Goals:

1. Full, painless PROM and AROM in all planes
2. Initiate jogging (per physician clearance)

Exercises:

1. Continue with strengthening program, gradually increasing weight
2. Rhythmic stabilization (medicine ball, eccentric drops, ball taps)
3. Scapular posture at rest and dynamic scapular control during ROM and exercises.

Post-Op Months 3-4:

Goals:

1. Maintain full PROM and AROM
2. Gradual return to full ADLs, work and recreational activities
3. Normalize strength, endurance, neuromuscular control and power

Exercises:

1. Initiate plyometrics (2 handed drills, ie chest pass)
2. Begin ball/catch toss at 90⁰ abduction position
3. Advanced isotonic

Post-Op Months 4-6:

Goals:

1. Progress to sport specific drills
2. Maintain full AROM
3. Progress with strengthening

Exercises:

1. Light toss or volley
2. Progress with strengthening:
 - May begin incline bench press with narrow grip (low weight, high reps, NO wide grip)
 - No military or lat pull-downs behind head (always keep elbows in front of body)
3. Initiate throwing program

Criteria for release to sport(s):

1. ROM is symmetric and painless
2. Strength is 90% of contralateral side
3. No pain or apprehension in 90/90 position
4. Completion of throwing program (if applicable)