



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088

REHABILITATION PROTOCOL FOLLOWING BANKART SURGERY

First Week Post-Op

Goals:

1. Diminish joint pain and swelling
2. Protect the repair
3. Prevent shoulder stiffness

Activity:

1. Sling with abductor pillow x 4 weeks – Even while sleeping
2. Position in IR and slightly anterior to the frontal plane
3. Place pillow under shoulder / arm while sleeping for comfort
4. Hand squeezing exercises
5. Finger, hand, wrist and elbow motion with arm down at the side 4-5 times day
6. Pendulum exercises – 4-5 times per day
7. Shoulder shrugs / scapular retraction without resistance
8. Cold to shoulder 10-15 minutes at least 4-5 times per day
9. To wash under your arm bend forward at the waist and the arm will hang away from your side.

Precautions:

- No external rotation past 0 degrees
- No lifting or reaching

Rehab Phase 1: Protection

1-4 weeks

Goals:

1. Diminish joint pain and swelling
2. Protect the repair
3. Prevent shoulder stiffness
4. Increase shoulder motion

Activity:

1. Assisted ROM solely in forward elevation to 90 or further per comfort. AA forearm to forehead.
2. Lawnmower exercise (bent-over elbow lift) starts for scapular mobilization



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3. External rotation blocked at 0.
4. Pulleys may start at week two
5. Pendulum, wrist, hand and elbow ROM.
6. In the sling except to exercise four times per day and bath. In the sling to sleep.
7. Start core strengthening and cardio in sling

Precautions:

- No external rotation past 0 degrees
- Protect the repair- In sling except to exercise and bathe. In sling to sleep
- No reaching or lifting

Rehab Phase II

4-8 weeks (DC sling at end of week 4)

Goals:

1. Diminish joint pain
2. Protect the repair
3. Prevent shoulder stiffness
4. Increase shoulder motion

Activity:

1. Progression from AA to active motion in all planes. Goal is full motion at 8-10 weeks.
2. Start AA forward flexion in supine and gradually work to elevation in standing.
3. External rotation to be done with elbow at side until 8 weeks post op. At eight weeks can progress to ext rotation at 45 degrees of abduction.
4. Resisted elbow / wrist exercises (light dumbbell)
5. 1-2 Finger Isometrics x 6
6. Stationary bike (must wear sling), core strengthening

Precautions:

- External rotation may be done—only with arm at side
- No heavy lifting , no reaching and lifting away from body

Rehab Phase III

(8 to 12 weeks)

Goals:

1. Diminish pain
2. Protect the repair
3. Increase strength and function
4. Increase range of motion



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Activity:

1. Progress to external rotation with the arm at 45 degrees of abduction
2. Active motion in standing and supine
3. Start gentle abduction and external/internal rotation isometrics
4. Progress to cardio/core strengthening
5. At eight weeks:
 - Start gentle abd and ext rotation isometrics
 - Internal rotation isometrics
6. At 10-12 weeks:
 - Theraband for rotation and three deltoid components.
 - Continue posterior stabilization, proprioception and posterior shoulder stabilization exercises
 - Start Ball exercises

Precautions:

- No lifting over 10 pounds
- No throwing or contact sports

Rehab Phase IV
(3-6 months)

Goals:

1. Progress to full activity
2. Progress to full strength

Activity:

Sports-specific training

Return to Sport Criteria:

1. Satisfactory physical exam
2. Normal Arthrokinematics
3. Strength 90% of the contra-lateral side