



IDAHO SPORTS MEDICINE INSTITUTE™

1188 University Dr. Boise, ID 83706 – (208) 336.8250 – Fax (208) 345.9514
PT (208) 345-4446 –PT Fax (208)395-8292 – www.idsportsmed.com

Arthroscopic Bankart Repair: Anterior Capsule Repair Guidelines

Exercise prescription and progression are general guidelines and are dependent upon the tissue healing process and **individual** functional readiness in **all** stages.

Phase 1: Protection of Repair 0 – 2 Weeks Post Op

Appointments:

- MD visit at post op day 2-4
- Initial PT appointment and MD follow up at 4 – 6 weeks post op based on the surgeon's recommendation

Sling:

- Arm in sling at all times
- Sleep with arm in sling

ROM Guidelines and Precautions:

- No active use of arm
- No extension past plane of body
- No ER greater than 0°

Treatment Strategies:

- PROM, AAROM, within ROM guidelines
- Pendulum
- Elbow and wrist AROM
- Grip strengthening

Phase 2: Protection of Repair 2 – 4 Weeks Post Op

Sling:

- Arm in sling when out in public or in high risk situations
- Sleep with arm in sling – may wean out of sling at night if uncomfortable

ROM Guidelines:

- AROM OK for ADL's to chest height only

Goals at 4 Weeks Post Op:

- ER to 30° at 0° and at 90° of ABD
- IR FROM
- ABD to 90°
- Extension and Flexion as tolerated

Treatment Strategies:

- PROM, AAROM, and AROM within above guidelines
- Sub-maximal isometrics
- Scapular stabilization
- NWB CKC

Phase 3: AROM 4 – 6 Weeks Post Op

Sling:

- Wean out of sling 4 – 5 weeks post op

ROM Guidelines:

- AROM OK for ADL's

Goals at 6 Weeks Post Op:

- ER to 45° at 0° and at 90° of ABD
- FROM Flexion and IR
- Extension and ABD as tolerated

Treatment Strategies:

- Light PREs for elbow flexion, elbow extension and wrist

Phase 4: Beginning Strengthening and Endurance 6 – 8 Weeks Post Op

ROM Guidelines:

- Work toward full AROM Flexion, ABD, and IR

Treatment Strategies:

- ROM exercises as needed
- Initiate Basic PREs and Isotonic exercises
- CKC scapular work
- Ok to start gradual running program

Criteria for Progression to Phase 5:

- 90% Full AROM
- Pain free ADL's
- Good scapulohumeral strength and control with no shrug sign

Phase 5: Advanced Strengthening and Basic Functional Phase 8 – 12 Weeks Post Op

Treatment Strategies:

- ROM exercises as needed
- Cuff and Scapular PRE's – Perform to fatigue
- Emphasis on rotator cuff eccentric exercises
- Move progressively into overhead positions
- Advanced CKC with pushup progressions
- Rhythmic stabilization in overhead and functional positions

Functional and Initiation of Sport Specific Training

- Under the therapist's guidance – Generally no overhead activities, sub-max effort, and must be pain free.
- Basketball – Dribbling, pass and catch (no overhead), shooting in key
- Racquetball, Tennis, Ping pong – Forehand and backhand (no overhead)
- Football – Catch and underhand throw
- Volleyball – bumping, setting, and underhand serve

Phase 6: Functional Phase

12 – 16 Weeks Post Op Treatment Strategies:

- Pre-Throwing Exercises
- Progress to throwing progressions as tolerated

4 – 5 Months Post Op Treatment Strategies:

- Overhead throw with good mechanics
- Progress endurance throwing exercise as tolerated

Bankart Repair Return to Activities List

Running	6-8 weeks
Stationary Bike	0-2 weeks with sling on
Elliptical	0-2 weeks with sling on
Stair stepper	0-2 weeks with sling on
Basketball dribbling, pass, catch (no overhead)	8-10 weeks
Basketball - Dribbling, passing and catching, shooting, rebounding	12-16weeks
Racquetball, tennis – forehand, backhand, overhand, serving	16-20 weeks
Football catch and underhand throw	8-10 weeks
Football catch / throw	16-20 weeks
Volleyball bump, set, underhand serve	8-10 weeks
Volleyball - bumping, setting, serving, spiking	16-20 weeks
Swim - kickboard at chest, arm at side, modified stroke drills	4-6 weeks
Swim - normal mechanics (dependent on ROM)	12-16 weeks
Ski / Snowboard	4 months
Hike	4 weeks
Most contact sports (check with MD, if questions)	4 months