



Arthroscopic Bankart Repair Rehabilitation

Phase I: Immediate postoperative phase (days 1–7)

Goals

- Protect repair
- Mobilize elbow and wrist

Brace/Modalities

- Postop shoulder immobilizer on at all times except for pendulum exercises
- Cryotherapy: ice 15 minutes, 4 times / day

Exercises

- ROM: Gentle pendulum exercises; elbow, wrist stretching
- Light isometrics
- Independent exercises above to be performed 4 times / day

Phase II: Early Phase (weeks 2–4)

Goals

- Begin mobilizing shoulder

Brace/Modalities

- Postop shoulder immobilizer on at all times except for pendulum / ROM exercises
- Discontinue at 4 weeks

Exercises

- ROM: continue pendulums, begin PROM, limit flexion to 120° and ER to 40°; begin Active assisted ROM and transition to AROM with above limits.
- Begin isometric exercises at 3 weeks post-op: arm adducted to the side of body sub-maximal flexion, extension, abduction, adduction, ext/int. rotation.
- Independent exercises above to be performed 4 times / day

Phase III: Intermediate Phase (weeks 5–8)

Goals

- Improve ROM
- Increase strength

Exercises

- ROM: gradually increase PROM
- Begin light resistive tubing exercises at 6 weeks, continue progressive cuff and periscapular strengthening program (protect ER); begin core trunk / lower extremity flexibility and strengthening
- Avoid combined flexion and ER activities

Phase IV: Progression Phase (weeks 9 - 12)

Goals

- Normalize ROM
- Improve strength
- Progress toward independent home program

Exercises

- ROM: gradually increase PROM with goal 90 - 95% PROM at 10 to 12 weeks
- Begin gentle, progressive, resistance exercises at 6 weeks, continue progressive cuff and periscapular strengthening program (protect ER); begin core trunk / lower extremity flexibility and strengthening

Phase V: Advancement Phase (weeks 13–16)

Goals

- Improve strength
- Independent home program

Exercises

- Continue progressive, resistance exercises for entire shoulder

Phase VI: Return to Function Phase (weeks 17–24)

Criteria:

- Minimal pain
- Within 5° of normal ROM in all planes
- Symmetrical shoulder strength
- Normal glenohumeral stability