



# Arthroscopic Anterior Stabilization (Bankart) Repair Rehabilitation Protocol

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**PT Frequency:** 2-4 times per week

**ROM Restrictions:** PROM only starting at 2 weeks (90° FF, 20° ER at side, IR to stomach, 45° ABD).

**Brace:** Abduction sling for 4 weeks, taken off only for exercises and hygiene

## Phase I: Weeks 0-4 (Maximal Protection Phase)

- Sling at all times except during home exercise program and hygiene
- 0-2 weeks: elbow/wrist ROM, grip strengthening at home only
- At 2 weeks: begin shoulder PROM only
  - Restrict motion to 90° FF, 20° ER at side, IR to stomach, 45° ABD
  - **No** cross-body adduction until 6 weeks post-op
- Grip strength, active ROM elbow, wrist, and hand
- Begin deltoid/cuff isometrics

## Phase II: Weeks 4-8 (Moderate Protection Phase)

- Discontinue sling use at 4-6 weeks as tolerated
- PROM → AAROM → AROM as tolerated
  - Restrict motion to 140° FF, ER to 40° at side, IR to stomach
  - Begin with gravity eliminated motion (supine) and progress
  - Do not fore ROM with substitution patterns
  - **No** cross-body adduction until 6 weeks post-op
- Progress cuff isometrics with the arm at the side
- Deltoid/scapular ER/IR (submaximal) with arm at side
- Begin strengthening scapular stabilizers

## Phase III: Weeks 8-12 (Minimal Protection Phase)

- Advance to full, painless ROM
- Gentle stretching at end ROM
- Continue isometrics
- Once FF 140°, advance strengthening as tolerated
  - Isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
  - All strengthening exercises below horizontal
- Only do strengthening 3x/week to avoid rotator cuff tendinitis



## Phase IV: Months 3-12 (Strengthening Phase)

- Advance to full pain-free ROM as tolerated with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning/weight training
- Push-ups at 4 ½ - 6 months
- Return to throwing at 4 ½ months. This timeframe is highly unpredictable and will vary greatly between each individual patient.
- Throw from pitcher's mound at 6 months
- Bracing may used for return to contact or collision sports up to 6 months

Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
<b>Initial Exercises:</b>														
Active ROM: Elbow, Wrist, & Hand														
Pendulums														
Supine Elevation in Scapular Plane (140°)														
Scapular Stabilization														
Deltoid Isometric in Neutral														
Passive ROM														
Pulley/Cane Exercises														
Sling Discontinuation														
<b>Advanced Exercises:</b>														
Begin Active ROM														
Cuff Isometrics														
Light Stretching at End Ranges														
Upper Body Ergometer														
Eccentrically Resisted Motions/Plyometrics														
Sports Related Rehab														
<b>Cardiovascular Exercises:</b>														
Bike														
Elliptical Trainer														
Rowing														
Stair stepper														
<b>Agility Exercises:</b>														
Running Progression														
Functional Sports Test														
<b>High Level Activities:</b>														
Golf Progression														
Return to Throwing														
Return to Throwing from the Pitcher's Mound at <b>6 months</b>														
Return to Full/Collision Sport at <b>6-9 months</b> post-op														

Adapted from Dr. Jorge Chahla's post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS