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BANKART REPAIR PROTOCOL

Weeks 1-2

- *Objective is to protect healing capsule, allow early, graded, protected motion, prevent stiffness, minimize atrophy, and control pain and inflammation*
- Wear sling during the day for 3-4 weeks
- Sleep in your sling for 3-4 weeks
- Monitor neurovascular status
- Supine passive range of motion:
 - Flexion to 90°
 - ER to 20° with shoulder abducted 20°
 - IR to 40° with shoulder abducted 30°
 - Abduction 60° in scapular plane
- Exercises
 - Cervical range of motion
 - Scapular elevation and retraction
 - Submaximal shoulder isometrics (ER/IR/Flexion/Abduction in neutral)
 - Wrist and hand exercises
- Modalities as needed for pain and swelling

Weeks 3-4

- Progress passive and active assistive range of motion
 - Flexion to 120°
 - Abduction to 90°
 - ER to 40° with shoulder abducted 20°
 - IR to 50° with shoulder abducted 45°
- Exercises:
 - Scapular elevation, depression, protracted, retraction
 - Submaximal multi-angle isometrics (flexion, abduction, IR, ER)
 - Light rhythmic stabilization in neutral
 - Light resistance for scapular exercise
 - Light resistance for wrist, hand, and forearm exercises.
- Ice and modalities as needed for pain and swelling

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Weeks 5-6

- Progress range of motion
 - Flexion to 150°
 - Abduction to 90°
 - ER to 60° with shoulder abducted 30°
 - IR to 60° with shoulder abducted 45°
- Exercises:
 - Begin pulley
 - Anti-gravity flexion and scaption to 90°
 - Advance to light resistive exercise in graduated, protected range
 - Manual light resistance to scapular diagonals (D1 and D2)
 - May initiate light theraband resistance for ER and IR at neutral with towel roll
 - UBE at chest level
 - Light proprioceptive exercise in protected range
- Watch scapulo-humeral rhythm, emphasize concentric and eccentric
- Emphasize scapular stabilization
- Ice and modalities as needed for pain

Weeks 7-8

- Continue to progress range of motion toward normal range in all planes
- Begin IR and ER stretches at 90° abduction
- Use joint mobilizations and capsule stretches as needed
- Exercises:
 - UBE at shoulder level
 - Increase isotonic strengthening for flexion, scaption, and abduction
 - Increase theraband for rotator cuff
 - Increase proprioception for scapulothoracic and glenohumeral joint
 - Manual scapular diagonals: con/con con/ecc
 - Begin active horizontal abduction and adduction, increase range and resistance as tolerated, starting with proximal and working towards distal

Weeks 9-12

- Continue stretching and strengthening program
- Begin PNF patterns: limited range full range, proximal middle distal resistance
- Begin body blade: supine at 90° multi angle diagonals
- CKC on wall or slideboard