

Bankart Repair Protocol

Pt Name: _____

DOS: _____

0-2 weeks: _____

Sling: except for ther-ex and hygiene

PROM:

Flex = 90° with no ER

Scaption=45°

IR=60°

ER=0°

Abd=0°

Ext=0°

****NO frontal plane abduction PROM for 1st 6 weeks****

Ther-ex:

AROM elbow, wrist, hand

Scapular stabilization

Shrugs

Scapular retraction (with NO glenohumeral
ext: may need to be done in clinic only)

Pendulum: with slight forward lean: within PROM
limitations

Table walks: flex within PROM limitations

Modalities: for swelling and pain

2-4 weeks: _____

Sling: except for ther-ex and hygiene

PROM:

Flex up to 120°

Scaption =45°

IR=60°

ER=30° (in 20° of scaption)

Abd=0°

Ext=0°

****All PROM be sensitive to end-feel****

Ther-ex:

AROM: elbow, wrist, hand

PRE: grip and wrist

Scapular stabilization:

Shrugs

Scapular retraction (with NO g-h ext)

Pendulum: within PROM limitations

Table walks: flex within PROM limitations

Begin Isometrics: flex, ER, IR (scope only), ext
(gleno-humeral neutral): sub-max 1-2 fingers

Modalities: for swelling and pain management



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

4-6 weeks: _____

Sling: except for ther-ex and hygiene or as
instructed by MD

PROM:

Flex =120°

Scaption = 90°

IR = full

ER = 45° (in 20° of scaption)

Abd = 0°

Ext = 0°

****All PROM be sensitive to end-feel****

Ther-EX

PRE: grip and wrist

Scapular stabilization

Shrugs

Scapular retraction (with NO g-h ext)

Pendulum: within PROM limitations

Table walks: flex within PROM limitations

Isometrics: flex, ER, IR (scope only), ext (gleno-
humeral neutral): sub-max

Begin AAROM: within ROM limitations

Pulley: flex

T-bar: flex

Begin UBE: no resistance

Begin Closed chain/proprioceptive training:
standing with hand on table

6-8 weeks: _____

Sling: discontinue or as instructed by MD

PROM:

Flex = progress to full
Scaption = progress to full
IR = full
ER = 60° in 45° degrees scaption
Abd = progress to 90°
Ext = 20°
****All PROM be sensitive to end-feel****
Ceiling punch with wt

AAROM

Pulley- flex
T-Bar-flex
T-bar ER seated

Ther-ex

Scapular stabilization
Shrugs with wt
Rows: with t-band (within ROM limits)
Wall push-up

AROM

All directions within ROM limitations

Resistive Ex

IR/ER tubing at 0° abduction
Sidelying ER at 0° abduction
Triceps
Shoulder Ext with t-band to neutral
Shoulder ADD with t-band

UBE with light resistance

Proprioceptive Training:

Quadruped

8-10 weeks: _____

PROM:

Progress all directions toward full
****All PROM be sensitive to end-feel****

Ther-ex:

Scapular Stabilization Add the following:

Prone ext
Prone flex
Prone horiz abd
Prone 90/90 ER
Prone rows
Table top push-up

AAROM

Pulley and t-bar as needed to gain full ROM
all directions

Resistive Exercise: progress as tolerated

Deltoid
Rotator cuff
Biceps
Triceps

Proprioceptive training:

Weighted ball on wall
Fitter
Body blade
PNF
Box/step walking
quadruped

Plyometrics

Chest pass low wt ball on rebounder

10-12 weeks: _____

PROM: continue to progress toward full

Ther-ex

Scapular Stabilization:

Progress as tolerated
Add:
chair dips
plank
modified plank

Resistive

Progress as tolerated above ex
Add:
Lat pull down
Military press with dumb bell
Upright row

Proprioceptive training:

Progress above program

Plyometrics:

Begin light throwing

12 plus weeks: _____

Begin light sport/work simulated activities
maintaining precautions for healing
Educate pt in tissue healing time constraints: ie, 6
mos until allowed to throw full speed
Progress strengthening
program/plyometrics/proprioceptive training within
tissue healing constraints