**ARTHROSCOPIC BANKART REPAIR PROTOCOL**

**Postop**

**0-2 Weeks Immobilization with sling/swathe on at all times, except bathing**

**ROM limits to: 90° flexion, 45° abduction, 0° external rotation,**

**20° extension**

1. Elbow and wrist AROM 3x/day minimum
2. Cryocuff/ice for pain

**2-6 Weeks Sling must be worn while at school, in crowds, riding in a car, and while sleeping. ROM limits to: 90° flexion, 90° pure abduction,**

**30° external rotation at side, 20° extension**

1. PROM and AAROM (wand pulley) within pain tolerance and limits

2. Gentle rotator cuff strengthening

3. General soft tissue and joint mobilization

4. Modalities as indicated for pain or inflammation

**6-12 Weeks Discontinue sling**

**ROM limits to: 60° external rotation; full flexion, abduction, and extension**

1. Progress PROM and AROM as tolerated
2. Joint mobilization for scapular and glenohumeral mobility
3. Strengthening exercises for scapular stabilizers and rotator cuff within pain-free ranges. May include PREs, PNF, and weight equipment. Emphasis of strengthening on high reps and low weight, with postural awareness.

**12-24 Weeks** 1. Range of motion-self-stretching program

2. Progress independent strengthening program

3. Reinforce postural awareness, quality of exercise technique, and proper PRE progression

4. Coordination sports specific training to begin return to normal function

**9 Months Possible return to full strength throwing and contact sport, depending on strength and physician assessment**