

## Arthroscopic Posterior Bankart Post Op Protocol

Timing of each phase varies based on: degree of shoulder instability/laxity, size of the tear, quality of tissue, length of time immobilized, strength/range of motion status, and expected performance/activity demands.

### Slings:

- 4 weeks postop
- Wear for safety after 4 wks

### ROM Limitations:

#### **Internal Rotation:**

None behind back for 6-7 weeks

**NO Posterior Force on glenohumeral joint until 4 mths**

### Activities of Daily

#### Living:

- Hand Functions 2-4 wks (ex. Typing)
- Simple tasks 4-6 wks (ex. Eating)

#### Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

#### Return to Activities:

Wt Training: 16+ wks  
Ski: 14+ wks  
Contact sport 6+ mths

#### **Other Restrictions:**

### **Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)**

#### **A. Protection/home exercise program Only**

Pendulums

Full active range of motion elbow, wrist, and hand

Scapular Stabilization Exercises

### **Phase 2 - Range of Motion (Post-Op Weeks: 4-6)**

#### **A. Progress Range of Motion**

Continue range of motion exercises

No significant stretching or strengthening

No cross body reaching (horizontal adduction)

No reaching behind back (internal rotation)

### **Phase 3 – Range of Motion/Strengthening (Post-Op Weeks: 6-12)**

#### **A. Active Range of Motion**

Work toward full range of motion except internal rotation

No posterior capsule stretching

No adduction stretching

No internal rotation stretching

#### **B. Strengthening**

Begin Rotator cuff rehab including internal & external rotation strengthening

No Posterior Glenohumeral force until 4 mths s/p

### **Phase 4 – Return to Some Sports (Post-Op: 4 mths- 6 mths)**

Start Throwing Progression

Return to Sport (Except Football, Rugby, Wrestling, Kayaking)

### **Phase 5 – Return to Sport (Post-Op: 6+ mths)**

Gradual Return to All Sport

