



BAY AREA ORTHOPEDIC
SURGERY & SPORTS MEDICINE

Teodoro P. Nissen, M.D., Q.M.E.
Fellowship Trained
Board Certified

Joseph M. Centeno, M.D.
Fellowship Trained
Board Certified

ARTHROSCOPIC BANKART REPAIR PROTOCOL

Post-op

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 scapula and glenohumeral mobility
3. Strengthening exercises for scapular stabilizers and rotator cuff within pain-free ranges. May include PRE's, 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