



Jeffrey H. Berg, MD
Gaurav Bhatia, MD
Aaron Carter, MD
Thomas B. Fleeter, MD
George Kartalian, MD
David R. Miller, MD
Dhruv Pateder, MD
James D. Reeves, MD

1860 Town Center Dr., Suite 300 Reston, VA
(703) 435-6604

6201 Centreville Rd., Suite 600, Centreville, VA
(703) 378-4860

Bankart Repair Rehabilitation

I. Week 1

- Wear sling day and night
- Post-op PT appointment at 2nd post-op day
- Cervical stretches
- Active elbow flexion and wrist/hand ROM
- Begin grip and wrist strengthening exercises
- Cryotherapy (GAME READY) and Electrical stimulation for edema and pain control prn
- Pendulums and continue with HEP

II. 3 Weeks from Surgery

- Resume physical therapy sessions 1-3 x/week
- Isometric shoulder pinches/retraction
- Focus PROM and AAROM to 90 degrees for flexion and ER at neutral to 30 degrees, abduction to 60 degrees
- Pulleys for AAROM abduction, scaption and flexion – pain free range (issue pulleys for HEP prn)
- Seated unilateral scapular retraction in gravity eliminated position (i.e. arm resting on table)
- Bicep/Triceps isometric strengthening – multi-angle
- Sidelying scapular mobilizations

III. 4 Weeks from Surgery

- Neutral shoulder isometrics 6 directions
- Supine wand exercises – flexion to 90 degrees, ER at 0 degrees of abduction to 30 degrees, abduction to 60 degrees
- Discontinue sling use at home and sleeping but continue wear public places
- Sidelying scapular PNF (anterior elevation/posterior depression & posterior elevation /anterior depression)
- AAROM with wall walking flexion and abduction
- Progress passive flexion to 120

Orthopaedic and Reconstructive Surgery • Sports Medicine • Arthroscopic Surgery • Spine Surgery
Hand/Wrist & Upper Extremity Surgery • Foot/Ankle & Lower Extremity Surgery • Physical Medicine & Rehabilitation

www.towncenterorthopaedics.com

IV. 6 Weeks from Surgery

Discontinue sling use
Progress to full PROM and AAROM in all planes
Wall alphabet with ball
Active shoulder depressions with body weight
UE gentle PNF (D1 and D2) AAROM with therapist
Standing UE weight shifting
Manual rhythmic stabilization at various angles
Theraband Rows
Biceps and triceps resistive strengthening
Initiate AROM (flexion, scaption, ER 0 degrees of abduction)

V. 7 Weeks from Surgery

Progress AROM
Rotator cuff exercises at 0 degrees of abduction
Quadruped stabilization
Supine punches
Refine shoulder mechanics

VI. 8 Weeks from Surgery

- Initiate UBE
- Full PROM
- Wall push ups
- Theraband exercises out of neutral
- UE PNF patterns
- Work on eccentric control of RTC muscles
- Light functional activities
- Chest press to neutral

VII. 10 Weeks from Surgery

Shoulder extension exercises

VII. Weeks 12-20

Include plyometric exercises (i.e. chest pass, overhead pass)
Progress resistive exercises and shoulder intensive exercises
Progress functional and sport specific activities