

Posterior Bankart Repair Rehabilitation Protocol

Weeks 0 to 2: Protective Phase

Sling: At all times

ROM Goals: No shoulder motion allowed

Therapeutic Exercise:

Strengthening: Wrist and elbow only, cryotherapy six to eight times/day for 20 minutes

Weeks 3 to 6: Advanced Protective Phase

Sling: Wean

ROM Goals:

Forward Flexion Prone: 90 degrees

Internal Rotation: 45 degrees

External Rotation: 75 degrees

Therapeutic Exercise:

Strengthening:

Submaximal isometrics

Scapular Stabilization: No resistance

Weeks 6 to 8: Early Strengthening Phase

ROM Goals:

Forward Flexion: 140 degrees

Internal Rotation: 75 degrees

External Rotation: Full

Therapeutic Exercise:

Strengthening: Maximal isometrics, gentle isotonic at side

Scapular Stabilization: Gentle resistance

Weeks 8 to 12: Advanced Strengthening Phase

ROM Goals: Progress to full

Therapeutic Exercise:

Strengthening: Integrate rotator cuff, scapular stabilization and CORE.

Weeks 12 Plus: Function/Sports Return Phase

ROM Goals: Full

Therapeutic Exercise:

Strengthening:

Advanced

Plyometric

Fast eccentric

Begin diagonals at 14 to 15 weeks

CORE

Note: Return to sport based on provider team input and appropriate testing.

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.