

**Bankart Repair Protocol
Dr. Green**

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change -Instruct in signs/symptoms of infection -Removal of pain pump (48-72 hours) -Cryotherapy -E-stim for swelling/pain if needed <p>HEP: scapular retraction, elbow ROM, fist pumps, pendulum exercises</p>	<ul style="list-style-type: none"> -Independent in HEP -Independent in cryotherapy -Home e-stim unit if needed
Phase I 0-6 weeks	<p>Frequency: 2-3x/week</p> <p>Immobilizer with ABD pillow first 3 weeks, then sling for 3 weeks after</p> <ul style="list-style-type: none"> -PROM/AAROM into flexion, scaption, and IR (supine with arm abducted to 90 degrees at 3 weeks) 	<ul style="list-style-type: none"> -Continue independent HEP -Progression of HEP as tolerated -Full ROM at 8 weeks
Phase II 6-12 weeks	<p>Frequency: 2-3x/week till ROM/strength approaching WNL</p> <ul style="list-style-type: none"> -DC sling at 6 weeks -PROM and AROM all directions, starting ER at 6 weeks -Instruction in PRE's at 8-10 weeks, progressing to in-clinic strengthening as tolerated for shoulder/elbow and scapular stabilizers 	<ul style="list-style-type: none"> -ROM WNL at 10-12 weeks in all directions -Independent in PRE's by 10 weeks -Strength progressed as tolerated in clinic
Phase III 12-16 weeks	<p>Frequency: 2x/week as needed</p> <p>Continue to progress ROM/strength until WNL/WFL in all directions</p>	<ul style="list-style-type: none"> -ROM WNL/WFL – DC when goal met -Independent in HEP for shoulder strengthening/scapular stabilization
Phase IV 4-6 months	<p>Frequency: PRN</p> <p>May gradually progress with gentle throwing (50%) at 4 months</p> <p>Return to sports/normal activities per physician</p>	<ul style="list-style-type: none"> -Progress all ROM/strength to WNL if still not present