

**Bankart Repair Protocol  
Dr. Souster**

#of weeks post op	ROM	Precautions	Exercise type
0-2	PROM Flex: 0-90° ER: 0° IR: 0-30° ABD: 0°	- Use of sling - No AROM - PROM only - No ER or ABD ROM	- PROM for glenohumeral ROM only
2-4	PROM Flex: 0-130° ER: 0-30° IR: 0-45° ABD: 0-30°	- Use of sling - No AROM - PROM only - Protect against excessive ER and ABD ROM	- PROM for glenohumeral ROM only - Scapula/thoracic, AC and SC joint and soft tissue mobilization - PNF scapular patterns
4-6	PROM Flex: 0-160° ER: 0-30° IR: 0-60° ABD: 0-45°	- Protect against excessive ER and ABD ROM	- D/C sling at 6 weeks - PROM and AAROM for glenohumeral ROM - Continue with scapular PNF patterns - Light IR/ER isometric @ 0° shoulder ABD
6-9	PROM Flex: 0-180° ER: 0-60° IR: 0-70° ABD: 0-70°	- Protect against excessive ER and ABD ROM	- IR/ER isotonic exercises at 0° abduction - Throwers ten exercises with light resistance ( 1 Kg and progress by 1Kg per week)
9-12	PROM Flex: 0-180° ER: 0-90° IR: 0-70° ABD: 0-180°	- No chest press or Pec fly exercises - Avoid exercises at end range shoulder ER and Horizontal ABD	- Progress with resisted isotonic exercises (gradual progression with resistance) - PNF full shoulder and scapular patterns - Rotator cuff dynamic stabilization exercises
12-16	Full ROM	- Avoid exercises at end range shoulder ER and Horizontal ABD	- Continue with resisted isotonic exercises - Begin 2 handed plyometric exercises - Progress to one hand plyometric exercises by week 13 - Continue with dynamic stabilization
16-24	Full ROM	- Avoid exercises at end range shoulder ER and Horizontal	- Return to power lifting (light to moderate weights) - Begin interval sports program

		ABD	<ul style="list-style-type: none"><li>- Sport specific exercises</li><li>- Continue with plyometrics and dynamic rotator cuff stabilization</li></ul>
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