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POSTOPERATIVE REHABILITATION PROTOCOL ARTHROSCOPIC ANTERIOR STABILIZATION (BANKART REPAIR)

SLING FOR 4 WEEKS
AVOID THE "THROWING POSITION" FOR 3 MONTHS

Phase 1 – Passive

Pendulums to warm-up
Passive Range of Motion
No Internal Rotation

Week 1-3

Supine External Rotation – 0° degrees
Supine Forward Elevation – 90° degrees
No Internal Rotation

Week 4

Supine External Rotation – 30° degrees
Supine Forward Elevation – Full
Internal Rotation to belt line

Phase 2 – Active

Pendulums to warm-up
Active ROM with Passive Stretch to prescribed limits.
Supine-Seated ER – gradually increase to full by 12 weeks.
No terminal stretching with ER.
Supine-Seated FF – full, IR – full
Isometric strengthening, progress to light bands
Scapular stabilization strengthening

Week 5 & 6

Phase 3 – Resisted

Week 7

Pendulums to warm up and continue with phase 2
External and Internal Rotation, standing forward punch
Seated rows/shoulder shrugs, bicep curls, bear hugs
Deltoid and rotator cuff strengthening – progress to isotonic
All strengthening below horizontal

Weeks 8-12

Phase 4 - Weight Training

Week 12 and beyond

Gentle passive stretching at end range if ROM lacking
Avoid anterior capsular stress
Eccentrically-resisted and closed-chain exercises
Keep hands within eyesight, keep elbows bent
Minimize overhead activities
No Military press, pull down behind head, or wide grip bench
Restore scapulothoracic rhythm
Throwing program at 18 weeks

Return to Activities

Computer	After 4 weeks
Golf	8 weeks (chip & putt only)
Tennis	12 weeks (no overhead)
Contact Sports	4-5 months