

Bankart Repair Protocol
Andrea Saterbak, MD

0-2 weeks:

- Patient is to wear sling for 4 weeks
- No supervised PT until post-op visit at 2 weeks
- May do pendulums at home

2-3 weeks:

- Gentle PROM avoiding ER beyond pain
- Continue pendulums
- Scapular sets
- Sub-maximal isometrics
- Trapezius and levator stretches
- Posture education
- Move uninvolved joints – elbows, wrists, fingers
- Ice for pain management

4-7 weeks:

- **Caution:** Most unstable time, suture material absorbing, avoid aggressive ROM
- Wean out of sling
- Continue PROM all directions (caution with abduction and external rotation) – begin AAROM
- Mid and lower trapezius strengthening
- Scapular stabilization

8-9 weeks:

- **Goal:** Full ROM by 8-12 weeks
- Goal of functional AROM
- May use arm for activities of daily living
- Begin strengthening when ROM is achieved
- Rotator cuff strengthening without TheraBands
- Begin strengthening with light weights and progress per tolerance
- Ball on wall or body blade (make sure scapulas are set)

10+ weeks:

- Aggressive strengthening
- Gain full functional ROM

*Expect full and pain-free ROM with good strength at 4 months post-op.

***Throwers:** Start *Throwers 10* program at 4 months

**If you have any questions or concerns, please contact Dr. Saterbak's office at 651-351-2618 or
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