Arthroscopic Bankart Suture Repair (WTS)

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0-4 WEEKS POST-OP

- Stay in sling at all times for 4 weeks
- Codman’s with sling on at home
- Elbow flexion/extension
- Grip strengthening
- PROM in clinic (limited to 0 degrees ER)
- E-stim (for mm contraction) to deltoids to maintain tone
- Scapular mobilization
- Scapular stabilization
- Begin isometrics at 2 weeks

4-8 WEEKS POST-OP (MOST UNSTABLE TIME SUTURE MATERIAL ABSORBING)

*Do not push hard in this stage. After the 6th week the repair should be stable enough to start strengthening

5-7 WEEKS POST-OP

- Begin gentle PROM increasing as tolerated, all directions
- Increase ROM with goal of full ROM by 8-12 weeks; do not push abd or ER
- UBE for ROM
- Prone mid and lower trap strengthening
- Scapular stab
- Closer to 7 weeks, start short arc, submax strengthening of rotator cuff with theraband (all directions); 2-3 sets of 10 reps
### 8 WEEKS POST-OP

- Begin strengthening with dumbbells
- Cybex submax
- Max effort UBE
- Ball on the wall, progress to the floor
- Begin driving

### 10 WEEKS POST-OP

- Max Cybex rehab
- Aggressive free weight work through 5 months
- Push for full ROM

Do **not** return to throwing sports until 5 months