



SIU MEDICINE

ORTHOPEDICS

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Orthopedic Surgeon
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POST-OPERATIVE BANKART REHAB GUIDELINES

Diagnosis/Surgery: _____

PHASE 1: WEEKS 0-5

Goals:

1. Protect repair
2. Decrease pain
3. Reduce swelling

Activity:

1. Sling for 6wks at all times
2. Elbow, wrist, hand ROM exercises
3. Active assisted ROM in forward elevation
4. No active or passive abduction or ER
5. No lifting

PHASE 2: WEEKS 5-8

Goals:

1. Protect repair
2. Decrease pain
3. Restore AROM
4. Posture

Activity:

1. Discontinue sling at week 6
2. Initiate active forward elevation and ER to 30°
3. Full active and passive IR
4. No stretching
5. Walk the wall

6. Isometrics
7. Strengthen scapular stabilizers

PHASE 3: WEEKS 8-11

Goals:

1. Begin strengthening
2. Gradual return to activities

Activity:

1. Continue ER to 45°
2. Continue strengthening scapular stabilizers
3. Begin rotator cuff exercises
4. Progress to pulleys and light weights
5. Rhythmic stabilization

PHASE 4: MONTHS 3-4

Goals:

1. Continue strengthening
2. Advance proprioceptive activity

Activity:

1. Advance rotator cuff strength – low weights, high reps
2. No overhead, no throwing, no contact sports
3. Plyometrics
4. Sport specific training

PHASE 5: 4 MONTHS POST-OP

Goals:

1. Gradual return to sports participation
2. Maintenance program for strength, endurance

Activity:

1. Return to sports decided by physician, physical therapist and athletic trainer

Additional Instructions:

Elisabeth Robinson, MD

Date