

Bankhart Repair (Arthroscopic) Protocol

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- A. 0-2 weeks post-op
 - 1. Abduction sling
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. PROM phase transition to AAROM phase with ROM restrictions
 - ER 45°
 - Abd 60°
 - Flex 90°

- B. 2-4 weeks post-op
 - 1. Abduction sling
 - 2. Cryotherapy and modalities as indicated
 - 3. AROM phase with ROM restrictions
 - ER 60°
 - Abd 90°
 - Flex 120°

- C. 4-6 weeks post-op
 - 1. Continue sling wear
 - 2. Cryotherapy and modalities as indicated
 - 3. ROM now to tolerance in all planes unless otherwise directed by physician
 - 4. Exercise: Light but progressive strength work following anterior instability precautions

- D. 6-12 weeks post-op
 - 1. Begin weaning from sling first with abduction pillow
 - 2. Continue ROM work as needed
 - 3. Progressive, comprehensive UE strength and stabilization program following anterior instability precautions

- E. 12-16 weeks post-op
 - 1. Start sport specific activities and interval programs
 - 2. Physician cleared