

BANKART REPAIR

General Considerations:

- Immobilization: 2-3 weeks in sling, sleeping with immobilizer for 3-4 weeks
- Indicated for **Anterior Shoulder Dislocation**

Phase I (0-6 weeks)

- Elbow and hand ROM and strengthening
- Scapular stabilization exercises
- Gentle shoulder PROM to tolerance, avoid movement over shoulder height until 5 weeks
- Begin submaximal isometrics for shoulder musculature; add rhythmic stabilization ER/IR at 2 weeks
- Begin AAROM at 3-4 weeks, AROM at 5-6 weeks
- Ice!

Phase II (6-12 weeks)

- Patient should have full ROM by this point
- Begin strengthening as well as stretching activities
- May initiate hydrotherapy program if appropriate (no swimming)
- Progress functional strengthening, manual resistance and stabilization drills
- Continue to emphasize scapular exercises
- Light swimming and golf swing may be initiated by week 12

Phase III (12-20 weeks)

- Maintain full ROM and progress functional activities
- Improve muscular strength, power, and endurance
- Initiate plyometrics (two handed at first, then one handed)
- Swing a bat and hit off tee by week 16
- Initiate throwing program by week 17

Functional Outcome:

- Full return to competitive sport by 20-24 weeks