
Arthroscopic Bankart Repair

General	Sling and abduction pillow for six weeks Avoid the “throwing position” for three months Most patients will not start formal physical therapy until three weeks post-op
Phase I: Passive	Pendulums to warm-up Passive range of motion No internal rotation
Week 1 to 3 <i>(Usually, patient directed)</i>	Supine external rotation: 0 degrees Supine forward elevation: 90 degrees No internal rotation
Week 4 <i>(Start formal physical therapy)</i>	Supine external rotation: 30 degrees Supine forward elevation: Full Internal rotation to belt line
Phase II: Active	Pendulums to warm-up
Week 5 and 6	Supine and seated external rotation Gradually increase ER to full by 12 weeks; no terminal stretching before week 12 Supine seated forward elevation: Full Internal rotation: Full
Phase III: Resisted	Pendulums to warm up and continue with Phase II
Week 7	External and internal rotation/standing forward punch Seated rows/shoulder shrugs Bicep curls/bear hugs
Weight Training	
Week 12	Avoid anterior capsular stress Keep hands within eyesight and elbows bent Minimize overhead activities (no military press, pull down behind head or wide grip bench)
Return to Activities	Computer: After one week Golf: Chip and putt only – eight weeks; full – 16 weeks Tennis: 12 weeks (no overhead) Contact sports: Six months or more