

Bankart Repair (Anterior Labral Repair) Rehabilitation Protocol

Key Surgical Considerations

Arthroscopic Bankart repair restores anterior shoulder stability by repairing the anteroinferior labrum and retensioning the IGHL complex. Early rehab must avoid anterior translation, external rotation stress, horizontal abduction, and extension behind the body. The primary goals are protection, controlled mobility, dynamic stability, and safe return to sport.

PHASE I — Protection & Early Motion (0–4 Weeks)

- Sling full time except hygiene/therapy.
- PROM only: FE 0–90° → 120° by week 4.
- ER limited to 20–30° at the side.
- NO abduction + ER, extension past neutral, or horizontal abduction.
- No weight-bearing through operative arm.

Goal: protect surgical repair and reduce pain.

PHASE II — AAROM → AROM (4–8 Weeks)

- Begin AAROM: wand, wall walks, pulleys.
- Gradual AROM: supine → incline → seated.
- Avoid abduction + ER and limiting ER ≤30° until 6 weeks.
- No lifting >2–3 lbs.

Goal: restore controlled shoulder mobility.

PHASE III — Strengthening Phase (8–12 Weeks)

- Band ER/IR strengthening at neutral.
- Scapular stabilization: serratus punches, prone Y/T/W, rows.
- Proprioception: ball-on-wall drills, rhythmic stabilization.
- Avoid throwing position (90/90 ER).

Goal: restore dynamic GH stability and cuff control.

PHASE IV — Advanced Strength & Functional Training (12–20 Weeks)

- Progressive resistance training: bands → 3–5 lb dumbbells.
- Closed-chain: wall push-ups → incline push-ups.
- Controlled ER at 90° begins ~16 weeks.
- Functional kinetic-chain strengthening.

Goal: prepare for return-to-sport progression.

PHASE V — Return to Sport (20–28 Weeks)

- Overhead strengthening progression.
- Plyometrics: chest pass, wall throws.

- Throwers: interval throwing program.
- Contact athletes: controlled contact drills ≥ 24 weeks.

Goal: full, pain-free, stable return to sport activity.

Selected References

1. Burkhart SS, et al. Rehabilitation after arthroscopic Bankart repair. *Arthroscopy*. 2. Wilk KE, et al. Postoperative and nonoperative rehabilitation for shoulder instability. *J Orthop Sports Phys Ther*. 3. Provencher MT, et al. Evidence-based principles for shoulder instability rehab. *Am J Sports Med*. 4. Voos JE, et al. Outcomes and return to sport after Bankart repair.

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