

## Anterior Bankart Repair/Capsulorrhaphy

- Must keep the end feel firm for the first four months
- Better to keep the end feel firm rather than loose
- In sling for 6 weeks
- Never allow the surgical UE to be in a position of ER and Abduction
- No pulleys for 6 weeks
- Avoid functional IR for 12 weeks (reaching pockets, tucking shirt)
- In sling for at least 3-4 weeks while sleeping after surgery, may use long pillow for support
- See the last section of the protocol for patients above 25 years old for ROM progression

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### 0-4 weeks

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Codman's (circumduction only) with thumb toward the body (IR) \*No swaying of body

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### 2-4 weeks

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PROM:FF 90 degrees passively  
    may initiate supine AAROM with wand to 90 degrees  
ER 20 degrees passively in scapular plane  
    ~gently as tolerated per pain and per end feel

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### 4-8 weeks

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Passive 130 degrees FF  
Passive ER 30 degrees in scapular plane  
May begin scapular and deltoid isometrics **sub-pain/sub-max**  
Initiate AAROM progressing to AROM with no scapular substitution or pain  
Stationary LE bike for conditioning (No UE use)

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### 8-12 weeks

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Passive 150+ degrees FF  
Passive 40+ degrees ER in scapular plane, work up to 90 degrees of abduction in scapular plane based on end feel  
    \*if dominant side/throwing arm, add 15 +/- degrees to ER in 90 AB based on end point  
IR 45 degrees passively in scapular plane  
Supine rhythmic stabilizations for IR/ER nominal resistance  
May begin elliptical trainer, Stairclimber (No UE use)

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**13-16 weeks**

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Passive FF should be 10 degrees LESS THAN contralateral side  
Passive ER should be 10-15 degrees LESS THAN contralateral side  
IR passively as tolerated by pain

The patient must have full, PAIN FREE AROM before initiating the following strengthening:

- Tband bilateral rows
- Tband triceps extension at 0 degrees of abduction
- Prone rowing
- Elbow flexion

If the patient tolerated these above exercises WITHOUT ANY PAIN for 1-2 weeks:

- Tband IR and ER (start with yellow band)
- Flexion and scaption to 90 degrees starting with 1-2 lb dumbbell weights
- Prone horizontal abduction starting with 1-2 lb dumbbell weights
- Side lying ER starting with 1-2 lb dumbbell weights
- Tband PNF D2 extension (start with yellow band)
- Wall closed-chain progressions

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**16-24 weeks**

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Continue above strengthening exercises  
Progress functional strengthening program  
May begin light plyometric program with volleyball or basketball

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**6 months +**

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Initiate higher level plyometrics for throwers, spikers, swimmer etc.  
Educate patient on appropriate return to weight lifting program with restrictions as per New West's "Return to Weightlifting Guide" found online  
Show sport specific Interval Return to Sport Programs found online  
No throwing/golfing/other impact activities for at least 6 months after surgery

**For patients above 25 year old**

- Passive ROM may be started at week 2
  - week 2-4      passive FF up to 90 degrees  
                    passive ER up to 30 degrees in scapular plane
  - week 4-8      passive FF up to 140 degrees  
                    passive ER up to 40 degrees in scapular plane
  - week 8-16     passive FF should be 5-10 degrees less than contralateral side  
                    passive ER should be 5-10 degrees less than contralateral side