

Arthroscopic Bankart Repair + Remplissage (updated September 2024)
Postoperative Rehabilitation Protocol
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	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 6	NWB	Sling immobilizer at all times when not doing exercises	Hand, wrist, elbow ROM only No ROM shoulder	None
Phase II Week 6 - 12	Progress as tolerated	Wean out of sling	Progress as tolerated. Limit ER to approx. 50% opposite (non-op) shoulder	Progress strength as tolerated.
Phase III Week 12 - 24	WBAT	None	No limitations including ER	Progress strength
Phase IV Start Week 24 and beyond	WBAT	None	No restrictions Normalize ROM	Progress strength with goals for full sport and activity after 6 months

Other Notes:

- Throwing program for overhead athletes between 3 – 6 months.

Modalities:

- Ice for swelling, pain

Adapted from:

Denard et al. Arthroscopy Techniques, Vol 10, No 6 (June), 2021: pp e1479-e1484