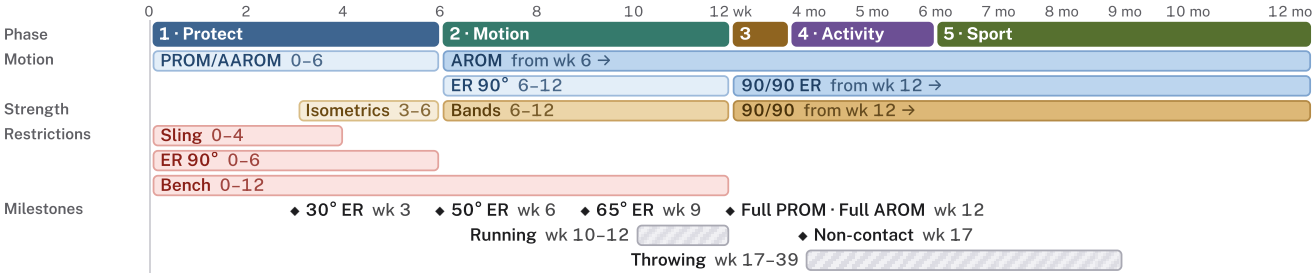
Bankart Repair Protocol

Arthroscopic Bankart repair · Version 2026.11 · Reviewed Nov 2026 · HEP Drop staff · Reviewed by a licensed physical therapist

⚠ General reference for licensed clinicians, not individual patient instructions. The operating surgeon's protocol takes precedence.

At a glance: sling about 4 wk · ER targets 30°, 50°, 65°, full at wk 3, 6, 9, 12 · no ER at 90° abduction before wk 6 · isometrics wk 3 · bands wk 6 · running wk 10–12 · return to sport from 4–6 mo. Criteria-based.



PHASE	✓ GOALS AND ALLOWED	✕ AVOID	□ ADVANCE WHEN
Phase 1 Protection wk 0–6 if criteria met	**Protect the repair; sling about 4 weeks[2, 1] · Passive motion toward the ASSET targets: ER 30° and elevation 90° by wk 3, ER 50° and elevation 135° by wk 6[2] · Pain control and scapular setting[11]** • Pendulums, PROM and AAROM toward the targets, not past them[2] • Active elbow, wrist and hand motion from day 1[2] • From wk 3: submaximal pain-free isometrics with the arm at the side, plus scapular work[6, 12] • Walking for conditioning (practice-based)	AVOID — UNTIL ER at 90° abduction[6] — **wk 6** Bench press, flys, dips or overhead pressing (practice-based) — **wk 12** Behind-the-head pressing or pulldowns, at any stage, even once cleared for sport (practice-based)	□ Week 6 motion targets met: passive ER about 50°, elevation about 135°[2] □ Pain controlled[11] □ Out of the sling, per the surgeon (practice-based; yes/no check)
Phase 2 Motion and early strength wk 6–12 if criteria met	**Passive ER 65° and elevation 155° by wk 9, full by wk 12[2] · Full active elevation without shrug[2] · Cuff and scapular strength at 0° abduction[10]** • Active motion; ER at 90° abduction gently from wk 6[6] • Light band ER and IR at 0° abduction, rows and extensions[12, 10] • Running from about wk 10–12, with no apprehension and good cuff strength at the side (practice-based)	NEW IN THIS PHASE — UNTIL End-range 90/90 ER stretching (throwers, overhead athletes; clinical judgment) — **wk 12** **Still in effect:** Bench, flys, dips or overhead pressing (wk 12) · Behind-the-head pressing or pulldowns, at any stage, even once cleared for sport (practice-based)	□ Full passive motion[2] □ Full active elevation without shrug[2, 11] □ Pain-free band work[11]
Phase 3 Strength wk 12–16 if criteria met	**Strength at 90° abduction[6] · Closed-chain control, wall to table to quadruped (from a Latarjet commentary[7]; clinical judgment for Bankart)** From Phase 3 on, a positive apprehension test, a subluxation or a dislocation: refer back to the surgeon (clinical judgment). • Resisted 90/90 work, once full motion and scapular control are back[6] • End-range 90/90 ER stretching for throwers and overhead athletes (clinical judgment)	NEW IN THIS PHASE — UNTIL Full-depth or wide-grip bench until about 6 months (practice-based) **Still in effect:** Behind-the-head pressing or pulldowns, at any stage, even once cleared for sport (practice-based)	□ ER and IR strength ≥ 80% of the other side (from a Latarjet commentary[7]; clinical judgment for Bankart) □ No apprehension[1]
Phase 4 Return to activity wk 16–26 if criteria met	**Power, endurance and sport-specific work[6] · Interval sport programs for overhead and throwing athletes[6, 7]** • Plyometrics, two hands then one[6, 7] • Weight room from about wk 16: modified dumbbell bench (limited depth, no wide grip) and light overhead dumbbell work (practice-based) • Narrow-grip barbell bench with limited depth from about wk 20 (practice-based) • Non-contact sport from about 4 months, once the criteria are met[1]	NEW IN THIS PHASE — UNTIL Contact sport before the criteria are met[12] — **6 months** **Still in effect:** Behind-the-head pressing or pulldowns, at any stage, even once cleared for sport (practice-based)	The return to contact or overhead sport criteria: page 2 Not returning to sport: discharge once motion is full and functional, ER and IR strength is at least 90% of the other side, WOSI is over 90% and the home program is independent (clinical judgment).
Phase 5 Return to sport wk 26–52 if criteria met	**Contact, collision and overhead sport, once the criteria are met[1, 12] · Throwers: competition at about 7–9 months[6]** • Full-depth bench and heavier overhead lifting, once the return-to-sport criteria are met (practice-based) • Interval throwing to full distance[8]	**Still in effect:** Behind-the-head pressing or pulldowns, at any stage, even once cleared for sport (practice-based)	**Discharge from PT when** Return to contact or overhead sport criteria: page 2

Bankart Repair Protocol · exercises and sources

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Exercises by phase

* sets and reps are our default.

Phase 1 · Protection wk 0–6

Pendulums (Codman's) 2–3 × 10–15*

Supine Shoulder Flexion AAROM with Self-Assist 2–3 × 10–15*

Supine Cane External Rotation 2–3 × 10–15*

Table Slides 2–3 × 10–15*

Elbow AROM (Flexion/Extension) 2–3 × 10–15*

Wrist AROM (Flexion/Extension) 2–3 × 10–15*

Ball Squeeze (Grip) 2–3 × 10–15*

Scapular Retraction in Sling 2–3 × 10–15*

Walking Program per program

Isometric Shoulder External Rotation 5–10 s holds, submaximal, pain-free* · from wk 3

Isometric Shoulder Internal Rotation 5–10 s holds, submaximal, pain-free* · from wk 3

Isometric Shoulder Flexion 5–10 s holds, submaximal, pain-free* · from wk 3

Isometric Shoulder Extension 5–10 s holds, submaximal, pain-free* · from wk 3

Isometric Shoulder Abduction 5–10 s holds, submaximal, pain-free* · from wk 3

Scapular Retraction (Squeezes) 2–3 × 10–15* · from wk 3

Phase 2 · Motion and early strength wk 6–12

Standing Band External Rotation 2–3 × 10–15*

Standing Band Internal Rotation 2–3 × 10–15*

Band Rows 2–3 × 10–15*

Prone Shoulder Extension 2–3 × 10–15*

Supine Serratus Punch 2–3 × 10–15*

Supine Shoulder Flexion (AROM) 2–3 × 10–15*

Shoulder Scaption 2–3 × 10–15*

Wall/Counter Push-Up 2–3 × 10–15*

Ball Roll on Table (Shoulder Flexion) 2–3 × 10–15*

Phase 3 · Strength wk 12–16

Push-Up Plus (on Knees) 2–3 × 10–15*

Quadruped Alternate Arm Lift 2–3 × 10–15*

Prone T with Swiss Ball 2–3 × 10–15*

Wall Ball Taps (Half Arc) 2–3 × 10–15*

Serratus Foam Roller Wall Slide 2–3 × 10–15*

Cross-Body Stretch 2–3 × 10–15*

Phase 4 · Return to activity wk 16–26

Scaption with Dumbbell 2–3 × 10–15*

Push-Up Plus 2–3 × 10–15*

Plyo Ball Toss 2–3 × 10–15*

Phase 5 · Return to sport wk 26–52

Interval Throwing Program per program

Plyo Ball Toss 2–3 × 10–15*

Return to contact or overhead sport when

- ☐ Cleared by the surgeon[1]
- ☐ ER and IR strength ≥ 90% of the other side, handheld dynamometer[5, 9]
- ☐ Upper Quarter Y-Balance within 10% of the other side[9, 5]
- ☐ Full pain-free motion and a negative apprehension test[1, 5]
- ☐ CKCUEST 21 touches or more[5, 9, 10]
- ☐ WOSI over 90% (percent of normal, higher is better)[9, 8] or SIRSI over 56[13]

Tests and pass marks

Test	Phase 1 exit	Phase 2 exit	Phase 3 exit	Phase 4 exit · non-contact sport · return to contact or overhead sport
Apprehension[1]			no apprehension	full pain-free motion, negative apprehension
ER/IR strength[5, 9, 10]			≥ 80%	≥ 90%
CKCUEST[5, 8, 9, 10]				CKCUEST ≥21 touches
UQ Y-Balance[5, 9]				≥ 90%
WOSI[8, 9, 18, 19]				WOSI >90% or SIRSI >56
SIRSI[13, 20]				WOSI >90% or SIRSI >56

Written for arthroscopic Bankart repair, with or without capsular plication. After open Bankart repair with the subscapularis detached, protect the subscapularis for 4 to 6 weeks (no resisted IR)[21]; no open study gives open repair its own plan.

Key milestones vs published protocols

MILESTONE	THIS PROTOCOL	RANGE IN PUBLISHED PROTOCOLS
Sling off	**wk 4**	3–6 wk[2, 1, 4], mean 4.8 wk in 30 protocols

Published protocols agree on a short sling and criteria for sport, and differ most on how fast external rotation comes back and when sport starts. A side-by-side comparison with published hospital protocols is at **hepdrop.com/p/bankart**.

Sources

1. Alentorn-Geli 2026
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7. Bradley 2021
8. Wilk 2020
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10. Kelley 2022
11. Gibson 2016
12. Amako 2017
13. Hurley 2021
18. Saad Berreta 2026
19. van der Linde 2014
20. Bohu 2021
21. Sanford Health

Full citations, licenses and what each source supports: **hepdrop.com/p/bankart**.