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**WOODSON BANKART REHAB PROTOCOL**

**General Info:**

This is a list of general guidelines for a Bankart repair rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

**Post-Op Weeks 0-6: Phase I**

- ROM: NO aggressive stretching, external rotation, or flexion
  - 0-2 weeks: flexion: 75°, external rotation (ER): 15°, internal rotation (IR): 0°
  - 2-4 weeks: flexion: 110°, ER: 35°, IR: 30°
  - 4-6 weeks: flexion: 150°, ER: 55°, IR: full scapular plane
- Sling Use:
  - 0-4 weeks: for comfort and use outside of the home
  - 4+ weeks: DC per MD orders
- Strengthening and Conditioning:
  - 0-2 weeks:
    - active elbow, wrist, and hand ROM
    - Biking and elliptical (in sling)
  - 2-4 weeks:
    - light 3-way isometrics at 0° (flexion, abduction and extension)
    - scapular retractions and bent-over rows
    - Lower extremity strengthening (in sling)
    - Biking and elliptical (in sling)
  - 4-6 weeks:
    - Light band rows (no extension past mid-line)
    - Resisted band ER/IR exercises
    - Lower extremity strengthening (lunges and squats)
    - Ladder drills, slide board (in sling)
- Criteria for progression to Phase II:
  - 6 weeks post-op
  - < 2/10 pain
  - MD approval

**Post-Op Weeks 6-12: Phase II**

- ROM: NO aggressive stretching, external rotation, or flexion
  - 6-8 weeks: progress flexion to symmetry and ER to 60° (at side)
  - 8-10 weeks: progress overhead flexion/ER (at 90/90)
  - 10-12 weeks: near full symmetry. Subtle deficits are normal

## WOODSON BANKART (LABRAL REPAIR) REHAB

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- Strengthening:
  - 6-8 weeks:
    - resisted rows
    - shoulder extension
    - ER/IR band strengthening
  - 8-10 weeks:
    - progress resisted rows
    - extensions
    - ER/IR light resisted strengthening
    - resisted biceps/triceps
    - lower extremity strengthening (lunges and squats)
- Conditioning:
  - 6-10 weeks:
    - Initiate jogging, ladder drills and slide board
  - 10-12 weeks:
    - Initiate sprinting and plyometric jumping
- Criteria for progression to Phase III:
  - 12 weeks post-op
  - 0/10 pain
  - > 90% ROM symmetry
  - 70% ER and IR strength symmetry
  - 80% symmetry for ER and IR endurance tests
  - MD approval

### Post-Op Weeks 12-20: Phase III

- ROM:
  - 12+ weeks: near full symmetry. Subtle deficits are normal
- Strengthening and Plyometrics:
  - 12-16 weeks:
    - Initiate light dumbbell pressing
    - Push-up progression (wall → full)
    - Trampoline ball tosses
  - 16-20 weeks:
    - Progress resisted rows
    - Extensions
    - ER/IR light-resisted strengthening
    - Resisted biceps/triceps
- Throwing and Conditioning:
  - 16+ weeks: initiate interval throwing program with MD approval
  - 16-20 weeks: full lower extremity strengthening, plyometrics and agility
- Criteria for progression to Phase IV:
  - 0/10 pain
  - ER/IR strength symmetry > 80% normal
  - 66% ER/IR strength ratio
  - > 90% symmetry on ER and IR endurance tests
  - > 90% symmetry on seated shot-put test
  - MD approval

## WOODSON BANKART (LABRAL REPAIR) REHAB

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### Post-Op Weeks 20+: Phase IV

- Strengthening and Plyometrics:
  - 20+ weeks:
    - Double and single arm ploy tosses
    - Overhead tosses with closed chain strengthening
    - Full gym workouts for biceps/triceps

### Criteria for return to play:

- 0/10 max pain
- ER/IR strength symmetry > 90% normal
- 66% ER/IR strength ratio
- > 95% symmetry on ER and IR endurance tests
- > 95% symmetry on seated shot-put test
- > 1 minute for upper extremity closed kinetic chain stability test
- MD approval