
Post-Op Protocol for Gregory V. Gomez, MD
Arthroscopic Bankart Repair (Anterior or Posterior)

Week 0-3

- Maintain sling use, use Abduction pillow in Males and Women who are aggressive athletes
- No active use of the shoulder
- Pendulum hangs, passive ER
- Scapular stabilization
- No lifting greater than a coffee cup

Week 3-6

- Wean out of sling (maintain for one more week in public)
- Begin PT
 - Phase I and II stretching
 - *Static progressive stretching
 - Overhead pulley
- No lifting > 5 lbs

Week 6-12

- Add phase I strengthening
- For posterior Bankart repairs, no pushing until 8 weeks post op
- Biceps and triceps strengthening
- No bike riding until 10-12 weeks post op

Week 12-16

- Total arm strengthening
- No pushups until 3-4 months post op

Week 16

- Return to play