



Posterior Bankart Repair:

Follow Anterior stabilization protocol. ER limited only if anterior stabilization performed.

No IR past 0 degrees for the first 3-4 weeks.

Progress IR as tolerated after 4 weeks.

- 1) Wilk KE, Reinold MM, Andrews, JR. Arthroscopic Posterior Bankart Repair. Winchester MA: Advanced Continuing Education Institute, 2004.

Initiation date: 10/5/10

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