



**SHOULDER ARTHROSCOPIC BANKART REPAIR POST-OP REHABILITATION**

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**Stage I (0 to 3 weeks for open repair)**

**(0-4 weeks for arthroscopic repair)**

A. Shoulder sling placed in OR. May remove for dressing and hygiene. Wear shoulder sling for 3 weeks for open repair; 4 weeks for arthroscopic repair. May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth, writing and occasional keyboard use. May also remove for exercises, showering and dressing.

B. Exercises: Elbow ROM

Tennis ball for grip

Co-contraction of biceps/triceps at 0, 30, 60, 90 and 120 degrees

Pendulum exercises

**Stage II (4-12 weeks)**

A. Start physical therapy at 4 weeks post-op

1 visit per week for isometric exercises and wad program (see exercise sheet)

Scapular stabilization exercise #1

At 6 weeks post-op:

PT 1 time every two weeks until independent with home program

B. ROM

1. AROM/PROM for all shoulder motions

Except no ER past 20 degrees until 406 weeks post-op.

Full ER by 12 weeks. Progress as tolerated.

2. IR/ER exercises at 5 weeks post-op against gravity - no isometrics

3. Home Program: Overhead pulleys if needed

Wand exercises

C. Strengthening Exercises

1. Isometric Exercises - Start at 4 weeks post-op per isometric exercise sheet no IR or adduction until 6 weeks post-op

**ROM GOALS**

<u>Weeks</u>	<u>FF</u>	<u>ER</u>
0-2	90°	10°
2-4	110°	20°
4-6	130°	30°
6-8	160°	45°
8-10	Full	Full

\* Prefer 5° less than normal side.

- Pain-free only

Reps: 7-10 x 10 seconds each - progress to 30 x 10 second each

2. Isotonic Exercises
- Start at 6 weeks post-op per isotonic exercise sheet (#1-8)
  - Start against gravity only - progress as tolerated to:
    - 2 oz. (butter knife)
    - 4 oz. (tuna can)
    - 8 oz. (soup can)
    - 1# weight
    - 2# weight, etc.

**GOAL:** Thrower/Pitcher: 5-8% of body weights times 50 reps.  
General Rehab Candidate: 1-3% of body weight times 25 reps

3. Scapular stabilization exercises #2-8 as tolerated

### **Stage III (3-6 months)**

A. Overhead lifting/traction as tolerated at 4 months

B. Calisthenic Exercise

- No pull-ups until 4 months post-op
- Throwing Activity - start at 4 months post-op. Follow function progression per IAM program. Progress as tolerated
- Return to sport at 4 months post-op if PT goals have been met
- No Dips until 4 months
- Full return to throwing a 6-8 months

This protocol provides you with general guidelines for the rehabilitation of the Bankart Shoulder patient. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient, the physician should be contacted.