

BANKART REPAIR REHAB GUIDELINES

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INDIVIDUAL CONSIDERATIONS: please check op report for information regarding procedure and sling usage; if more than 1 procedure follow more conservative protocol

PHASE 1 (0-2 weeks)

Post-op day 14 PT eval:

- Remove post-op bandages!, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Take off sling and assess PROM per protocol parameters
- Teach sling usage, need to avoid active ROM and pushing through arm, use of ice

Sling Use

- Use constantly, only remove for showers/hygiene and pendulums/PT exercises; may begin to wean from sling at 4 weeks

Goals at 2 weeks:

- Control inflammation and pain—cryocuff 3-4 times a day

THERAPEUTIC EXERCISES:

- PROM, AROM of wrist and elbow
- Ball squeezes
- UT and levator stretching
- PROM of shoulder – 90* flexion, 0 deg ER, IR to post belt line
- STM as indicated for pain-control

PHASE 2 (2-4 weeks)

Sling Use

- Sling continued use

Goals:

- Full, pain-less PROM with exception of ER to 30* at neutral

THERAPEUTIC EXERCISES:

- PROM to tolerance in all directions, with exception of ER – to 30* at side/neutral

- AROM elbow and wrist
- UT stretching, levator stretching, cervical retractions
- Scap retractions, shoulder shrug AROM

PHASE 3 (4-6 weeks)

Sling Use

- Wean from sling

Goals:

- Full, pain-less PROM with exception of ER to 45* at neutral
- AROM meet PROM parameters

THERAPEUTIC EXERCISES:

- PROM to tolerance in all directions, with exception of ER – to 45* at side/neutral
- AROM elbow and wrist
- Progress PROM to AAROM
- AROM to PROM parameters (to tolerance in all directions with exception of ER to 45 at side)
- Posterior capsule stretching
- UT stretching, levator stretching, cervical retractions
- Scap retractions, shoulder shrug AROM

PHASE 4: (6-10 weeks)

Criteria:

- Full PROM with exception of ER

Goals:

- Progress full ER to 90* at neutral and 90* abd
- AROM to PROM parameters
- Begin strengthening

THERAPEUTIC EXERCISES:

- AROM and PROM- all directions
 - Progress ER to full in neutral and 90*
- Posterior capsule stretching
- Begin light strength activities—avoid anterior capsule stretching
 - IR/ER with tubing (begin at side and may progress to 90/90 at 8 weeks) and s/l with weight
 - Prone ITY, row
 - Standing ITY
 - D2 diagonal with TB, B ER with TB, hori abd with TB, wall walks, wall clocks, ball on wall, ect

PHASE 5: (10+ weeks)

Criteria:

- Full PROM and AROM, pain-free

Goals:

- Progress strengthening
- Functional Activities by 3 mo
- Return to sport 6-9 mo (depending on sport)
- Start testing UE Y balance at 12 weeks with goal of >95% LSI by discharge

THERAPEUTIC EXERCISES:

- Stretching and PROM as needed
- Continue to progress strengthening- avoid at capsule stretching (elbows in front of body), correct UT compensation and shoulder/scap hiking
 - Standing ITY
 - IR and ER with tubing—progress to 90/90
 - D2 diagonal standing or supine with PT OP
 - Body blade
 - TRX row, TY
 - Prone on swissball ITY
 - Prone row to ER to press
 - Progress weight machine (row, lat pull down, OH press, ect)
- Initiate light plyo activities at 12-16 weeks
- Initiate throwing program at 16-20 weeks
- Sport specific drills can initiate at 16-20 weeks