

ARTHROSCOPIC BANKART REPAIR PROTOCOL

The Arthroscopic Bankart procedure is performed to increase anterior stability of the shoulder, and reduce the risk of instability. The following is a guideline for the progression of post-operative treatment.

- General Information

- Time required for full recovery is 6-12 months.
- The sling is removed at 48hrs and bathing is permitted with the operative arm held by the side.

- Precautions

- Capsular repair becomes stressed with external rotation. Since the repair is made with the arm in neutral rotation, external rotation must be limited during early rehabilitation. We will progressively build external rotation throughout the rehab program.
- Since the procedure is performed arthroscopically, strengthening of the rotator cuff muscles can begin early and progress quickly.

- Immobilization

- Sling should be worn for 4 weeks in uncontrolled environments (around dogs, kids, in crowds, etc.).
- Sling should be worn while sleeping for 3 weeks.
- Sling may be removed in controlled environments (i.e. home) for light activity.
- Discontinue sling completely at 4 weeks.

- Personal Hygiene / Showering

- Avoid getting incision/portal sites wet for 48 hours.
- Ok to begin showering 48 hours after surgery (if no wound related issues).
- Steristrips may be removed on postop day 7

1st POST-OP VISIT / 0 WEEKS POST-OP

1. Wound Inspection
2. Patient Education
 - Full ROM to tolerance, **limit external rotation at 30° of abduction to 45° and flexion to 90°**.
 - Sling use as described above
 - Icing or Cryocuff 3 times/day for 20 minutes each session.
3. Exercises
 - Pendulum (begin Day 1) with 10° forward lean
 - clockwise
 - counterclockwise
 - side-to-side
 - front & back
 - Supine PROM and AAROM exercises to tolerance within limitations of Flexion to 90° and External Rotation to 45° in 30° abduction
 - flexion with rope & pulley and/or cane/bar (begin Day 5)
 - internal rotation with rope & pulley and/or cane/bar (begin Day 5)
 - **external rotation to 45° only**
 - Isometric exercises - submaximal (begin Day 5)
 - flexion / extension
 - abduction
 - external rotations
 - AROM exercises at elbow, wrist, hand
 - elbow flexion / extension
 - wrist flexion / extension and pronation / supination
4. Modalities - PRN
5. Ice

1 WEEK POST-OP

1. Wound inspection
2. Exercises
 - PROM and AAROM exercises to tolerance
 - **flexion to 90°**
 - **external rotation limit to 45° in 30° of abduction**
 - Pendulum (continue as previous)
 - Isometric exercises (continue as previous)
 - Progression resistive exercises to tolerance
 - bicep curls
 - triceps / shoulder extensions
 - wrist flexion / extension
 - wrist pronation / supination
 - gripping exercises
 - shoulder shrugs
 - prone scapular retraction
3. Grade I/II glenohumeral joint mobilization - as indicated
 - **no anterior glides until 6 weeks post-op**
4. Modalities - PRN
5. Ice

2 WEEKS POST-OP

1. Wound inspection
2. Exercises
 - PROM and AAROM exercises to tolerance
 - **flexion to 120°**
 - **external rotation limit to 45° in 30° of abduction**
 - begin Upper Body Ergometer forward / reverse
 - Pendulum exercises with light weight
 - Isometric exercises (continue as previous)
 - Progressive resistive exercises
 - continue as previous
 - begin internal rotation with arm at side (initiating from neutral) using light theraband resistance
 - begin supine serratus press no weight
 - begin theraband row with scapular retraction
 - begin scaption to 120°
3. Grade I/II glenohumeral joint mobilizations - as indicated
 - **no anterior glides until 6 weeks post-op**
4. Modalities - PRN
5. Ice

3 WEEKS POST-OP

1. Exercises
 - PROM and AAROM
 - **flexion to tolerance**
 - **external rotation limit to 60° in 30° of abduction**
 - Progressive resistive exercises (continue as previous)
2. Grade I/II glenohumeral joint mobilization - as indicated
 - **no anterior glides until 6 weeks**
3. Modalities - PRN
4. Ice

4 WEEKS POST-OP

1. Exercises
 - AROM
 - **permit full ROM to tolerance, except extreme abduction external rotation**
 - Progressive resistive exercises
 - begin external rotation with arm at side (avoid extreme external rotation) using theraband resistance
 - begin flexion using theraband resistance
 - BodyBlade
 - one-handed grip in neutral position
 - two-handed grip in front
 - opposite hand diagonal pattern
2. Grade I/II glenohumeral joint mobilization - as indicated
 - **no anterior glides until 6 weeks post-op**
3. Modalities - PRN
4. Ice

5 WEEKS POST-OP

1. Exercises
 - AROM
 - **external rotation at 90° of abduction to tolerance**
 - Progressive resistive exercises (continue as previous)
 - BodyBlade (continue as previous)
2. Grade I/II glenohumeral joint mobilization - as indicated
 - **no anterior glides until 6 weeks post-op**
3. Modalities - PRN
4. Ice

6 WEEKS POST-OP

1. Discontinue sling use
2. Exercises
 - AROM
 - Add Upper Body Ergometer standing off to the side clockwise and counterclockwise
 - **goal of full AROM 6-8 weeks post-op**
 - Progressive resistance exercises (continue as previous), adding:
 - internal and external rotation with dumbbells
 - deltoid and supraspinatus strengthening with dumbbells
 - diagonal strengthening using theraband
 - wall push-ups, hand in neutral position
3. Grade I/II glenohumeral joint mobilizations - as indicated
 - **anterior glides permitted**
4. Modalities - PRN
5. Ice

8 WEEKS POST-OP

1. Exercises
 - AROM as tolerated, should have full AROM by 6-8 weeks post-op
 - Progressive resistance exercises (continue as previous), adding:
 - kneeling push-ups
 - BodyBlade
 - one-handed grip, abduction to 90°
 - two-handed grip, flexion to 90°
 - Plyoball
 - circles, clockwise and counterclockwise, 1 minute each direction
 - squares, clockwise and counter clockwise, 1 minute each direction
2. Grade I/II glenohumeral joint mobilization - as indicated
 - **anterior glides permitted**
3. Modalities - PRN
4. Ice

10 WEEKS POST-OP

1. Exercises
 - Progressive resistance exercises (continue as previous), adding:
 - push-ups
 - step-up push-up in quadruped position
 - internal and external rotation exercises in 90°abduction/90°elbow flexion using theraband/tubing
 - Plyoball diagonal patterns
 - Fitter
 - side-to-side
 - front & back
 - Stairmaster in quadruped (level 12-15)
 - Treadmill in quadruped (1.0 mph)
 - Progress resistances as tolerated by patient
2. Grade glenohumeral joint mobilization - as indicated
3. Modalities - PRN
4. Ice

12 WEEKS POST-OP

1. Exercises
 - Progressive resistive exercises (continue as previous), adding:
 - push-up plus in push-up position
 - step-up in push-up position
 - BodyBlade diagonals - progress to single-leg stance
 - **Begin sport specific activities once full motion, normal strength, and no dyskinesia**
2. Grade glenohumeral joint mobilization - as indicated
3. Modalities - PRN
4. Ice

