

ARTHROSCOPIC BANKART REPAIR PROTOCOL - POSTERIOR

The Arthroscopic Bankart procedure is performed to increase posterior 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
- The pillow attached to the sling is to avoid internal rotation and keep you hand off your belly.

- Precautions

- Capsular repair becomes stressed with internal rotation. Since the repair is made with the arm in neutral rotation, internal rotation must be limited during early rehabilitation. We will progressively build internal 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 and pillow 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.
- Do NOT raise your hand over your head or behind your back.
- 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 - 4 WEEKS POST-OP

1. Wound Inspection
2. Patient Education
 - No internal rotation
 - No horizontal adduction
 - 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 120°
 - flexion with rope & pulley and/or cane/bar (begin Day 5)
 - Ball squeeze exercise
 - Isometric exercises - submaximal (begin Day 5)
 - flexion / extension
 - abduction
 - external rotations
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 - AROM exercises at elbow, wrist, hand
 - elbow flexion / extension
 - wrist flexion / extension and pronation / supination
4. Modalities - PRN
5. No weight bearing exercise
6. Ice

5-6 WEEKS POST-OP

1. Wound inspection
2. Exercises
 - PROM and AAROM exercises to 140 degrees
 - Begin IR and horizontal adduction
 - Pendulum (continue as previous)
 - Isometric exercises (continue as previous)
 - Hands behind head stretch
 - Standing ER stretch
 - Strengthening Exercises
 - Theraband IR and ER. IR to neutral only
 - Standing FE to 90 degrees
 - Prone Row
 - Prone Extension
 - 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
4. Modalities - PRN
5. Ice

7-12WEEKS POST-OP

1. Exercises

- External rotation at 90 degrees abduction stretch.
- Wall slide stretch
- Hands behind head stretch
- Standing external rotation stretch
- Standing forward flexion
- Continue behind the back internal rotation and horizontal adduction
- AROM
- Theraband Strengthening
 - External rotation
 - Internal rotation
 - Standing forward punch
 - Dynamic hug
 - Seated row
 - Biceps curl
- Dynamic Strengthening
 - Side lying ER
 - T's and Y's
 - Prone row
 - Prone extension
 - Standing forward flexion
 - Rhythmic stabilization and proprioceptive training drills.

2. Modalities - PRN

3. Ice

13-20 WEEKS POST-OP

1. Exercises

- Pendulums
- Standing External rotation
- Wall slide stretch
- Hands behind head stretch
- Behind the back internal rotation
- Supine cross-chest stretch
- sleeper stretch
- External rotation at 90 degrees abduction
- Theraband Strengthening
 - External rotation at 90 degrees
 - Internal rotation at 90 degrees
 - Dynamic hug
 - Seated row
 - Diagonals up and down
- Dynamic Strengthening
 - Side lying ER
 - T's and Y's
 - Prone row
 - Prone extension
 - Standing forward flexion
 - Rhythmic stabilization and proprioceptive training drills.
 - Push up progression with wall pushups

2. Modalities - PRN

3. Ice

