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Arthroscopic Bankart Repair Guidelines

PHASE I: Week 0-2 MD Visit at Post-op day 2-4.

SLING: - Arm in sling at all times. May remove for dressing, hygiene. Take out of sling for arm exercises 2-4 times daily.

- Sleep with arm in sling.

ROM GUIDELINES: **No active** use of arm

* No extension past the plane of the body * No external rotation greater than 0°; extensive repairs may require more restrictions.

SHOULDER EXERCISES: ****Note:** Exercise prescription is dependent upon the tissue healing process and **individual** functional readiness in **all** stages.

If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedic doctor.

PROM, AAROM within ROM guidelines

Pendulum, Elbow and wrist AROM, Hand squeezing exercises

AEROBIC EXERCISE: Stationary bike, elliptical machine, stair climber (all with sling on) for general conditioning.

PHASE II: PROTECTION PHASE: Week 2-4

Initial rehabilitation appointment and MD follow-up at 1-2 weeks post-op.

SLING: - Arm in sling when out in public. At home, in safe environment, ok to wean sling.
- May remove sling for table-top activities within pain tolerance: eating, brushing teeth, writing, occasional keyboard use.

- Sleep with arm in sling. If uncomfortable, begin to wean off sling when sleeping.

ROM GUIDELINES: AROM OK for ADL's to chest height only (at home, in safe environment).

Goal at 4 weeks: - ER 30 degrees at 0 and 90 degrees of abduction.

- Full Internal Rotation, Abduction to 90 degrees.

- Extension and Flexion as tolerated.

EXERCISES: Continue with pendulum and elbow ROM exercises.

PASSIVE, AAROM, and AROM within above guidelines.

Start: Submaximal Isometrics, Scapular stabilization, light weight-bearing exercise.

***OK to start other resistance exercise within ROM guidelines if patient is able to tolerate. Must be able to do 20 reps flexion and scaption with normal mechanics before adding weight through those motions.**

AEROBIC EXERCISE: Stationary bike, elliptical machine, stair climber (all with sling on) for general conditioning.

PHASE III: PROTECTION PHASE: Week 4-6

SLING: Wean out of sling over week 4 – 5.

ACTIVITY: AROM OK for ADL's (per guidelines below).

ROM GUIDELINES Goal at 6 weeks: - ER 45 degrees at 0 and 90 degrees of abduction.

- Full flexion and internal rotation.

- Abduction and extension as tolerated.

EXERCISES: **OK to progress resistance within ROM guidelines, as tolerated**
AEROBIC EXERCISE: Stationary bike, elliptical machine, stair climber with arm supported for general conditioning.

PHASE IV: BEGINNING STRENGTHENING & ENDURANCE PHASE: 6-8 weeks

ROM GUIDELINES: Work toward full AROM flexion, abduction, IR.
End ER goal should be to get 90 degrees of motion at 90 degrees of abduction.

EXERCISES: **SHOULDER ROM EXERCISES AS NEEDED**
PROPRIOCEPTIVE NEUROMUSCULAR TRAINING EXERCISES
Advance as tolerated closed chain – sport specific.
*Perform these in ranges of less than 90 degrees elevation and in neutral rotation.
*Exercises may include: Wall Ball drawing, Scapular Clock, Closed Chain quadruped balancing.

AEROBIC Stationary bike, Stairmaster, Elliptical, etc.

CONDITIONING: Ok to start gradual running program

CRITERIA FOR PROGRESSION TO PHASE V:

1. 90% FAROM
2. Pain free ADLs
3. 90% Strength per manual muscle testing

PHASE V: ADVANCED STRENGTHENING & BASIC FUNCTIONAL PHASE: (8 – 12 weeks)

1. ROM EXERCISES AS NEEDED

End ER goal should be to get 90 degrees of motion at 90 degrees of abduction.

2. CUFF AND SCAPULAR PREs

Emphasis is on muscle fatigue. Perform **exercises to fatigue** 3 times per week.

*Move progressively into overhead positions.

*Emphasis on rotator cuff eccentric exercises.

OK to begin pushup progression.

4. PROPRIOCEPTIVE NEUROMUSCULAR TRAINING EXERCISES

1. Rhythmic stabilization/mm co-contraction in overhead / functional positions.
2. Plyometrics (i.e., Rebounder: one-hand side arm throw, two-hand chest pass, two-hand side throw with trunk rotation) (Emphasis on proper mechanics and accuracy, NOT velocity).
3. Closed chain exercises progress to unstable surfaces.

5. FUNCTIONAL TRAINING

Instructions: **Under the therapist's guidance.** Generally, no "overhead" activities are done and activities **must be pain free.** Begin each exercise at a submaximal level and progress the intensity level slowly as tolerated.

Basketball – Dribbling, pass and catch (No overhead), shooting in the key

Racquetball, tennis, ping pong – forehand and backhand (No overhead)

Football catch and underhand throw

Volleyball – bumping, setting, and underhand serve

PHASE VI: FUNCTIONAL PHASE (12-16 WEEKS)

EXERCISE: Pre-Throwing exercise
Progress to throwing progression as tolerated

FUNCTIONAL PHASE (16-20 WEEKS / 4 – 5 months)

EXERCISE: Overhead throw with good mechanics.
Progress endurance throwing exercise as tolerated.

Bankart Repair Activities List

Running	6-8 weeks
Stationary Bike	0-2 weeks with sling on
Elliptical	0-2 weeks with sling on
Stair stepper	0-2 weeks with sling on
Basketball dribbling, pass, catch (no overhead)	8-10 weeks
Basketball - Dribbling, passing and catching, shooting, rebounding	12-16weeks
Racquetball, tennis – forehand, backhand, overhand, serving	16-20 weeks
Football catch and underhand throw	8-10 weeks
Football catch / throw	16-20 weeks
Volleyball bump, set, underhand serve	8-10 weeks
Volleyball - bumping, setting, serving, spiking	16-20 weeks
Swim - kickboard at chest, arm at side, modified stroke drills	4-6 weeks
Swim - normal mechanics (dependent on ROM)	12-16 weeks
Ski / Snowboard	4 months
Hike	4 weeks
Most contact sports (check with MD, if questions)	4 months