

Bankart Repair Protocol

Dr. Rivers

Overall Goals of this rehab protocol

- Control pain and inflammation
- Regain normal upper extremity strength and endurance
- Regain normal shoulder range of motion
- Achieve the level of function based on the orthopedic and patient goals

Important Post-op signs to monitor

- Swelling of the shoulder and surrounding soft tissue
- Abnormal pain response, hypersensitive, and an increase in night pain
- Several range of motion limitations
- Weakness in the extremity musculature

Restrictions

- No AROM FLEX beyond 90° x 2 weeks
- No AROM / AAROM ADB beyond 90° x 4 weeks
- No AROM / AAROM/PROM ER beyond 30° x 4 weeks
- Sling to be worn at all times except for PT or home exercise program. Sling may be worn for 2-6 weeks; depending upon physician orders.

Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 0-2	Weeks 2-4
<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Promote healing • Control pain and inflammation • Gradual increase in ROM • Initiate muscle contraction <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • Modalities as needed • PROM <ul style="list-style-type: none"> • FLEX / IR to tolerance • ABD to 90° • ER to 30° in neutral position • AAROM (pulley) <ul style="list-style-type: none"> • FLEX to 90° • Isometrics (submax) • Elbow AROM • Wrist isotonic • Ball squeezes 	<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Control pain and inflammation • Enhance upper extremity strength • Gradual increase in range of motion <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • Modalities as needed • Educated pendulums • PROM <ul style="list-style-type: none"> • ABD / Flex / IR to tolerance • ER to 30° (scapular plane) • AAROM (pulley / T-bar) <ul style="list-style-type: none"> • Flex to tolerance • Scapular mobilizations (Superior / Inferior / Protraction / Retraction / Diagonals) • Scapular Protractions / Retractions in seated position (arm on table) • Wrist Isotonic • Prone rows • Shoulder EXT to body plane • Quadruped weight shifts / Quad (serratus) • Body Blade (neutral)

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Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 4-6	Weeks 6-8
<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Minimize pain and swelling • Improve upper extremity strength and endurance • Enhance neuromuscular control • Normalize arthrokinetics <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • Modalities as needed • PROM <ul style="list-style-type: none"> • FLEX, ABD, and IR to tolerance • ER to 45° (90° shoulder ABD) • AAROM (pulley, t-bar, wall ladder) <ul style="list-style-type: none"> • FLEX and ABD to tolerance • Prone retraction • Scapular exercises <ul style="list-style-type: none"> • Supine protraction with tubing • Prone retraction • UBE • Wall push-ups • T-band (IR, ADD, FLEX, Scapular retraction, and ER to neutral) • GB (supine stabilizations and wall stabilizations) • Flexion to 90° • Extension • Horizontal Abduction • Abduction • Scaption • Shrugs • Sideline External Rotation to Neutral • Sideline Internal Rotation • Supine Horizontal Adduction 	<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Achieve full ROM • Improve upper extremity strength and endurance • Enhance neuromuscular control • Normalize arthrokinetics <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • No restrictions on ROM • Continue AAROM and PROM as necessary • Continue scapular exercises <ul style="list-style-type: none"> • Standing shoulder protraction and retraction with tubing • Scapular depression (chair push-ups / pulley) • Continue biceps and triceps strengthening • Continue rotator cuff strengthening (JOBEL and T-band) <ul style="list-style-type: none"> • Abduction with t-band • Active PNF (D1 and D2 patterns) • Modified push-ups (progress toward military push-ups) • Body Blade (90° of FLEX and 90° of ABD as tolerated)

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Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 8-12

Dates: _____

GOALS

- Full ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional program

EXERCISES

- Continue AAROM / PROM as necessary
- Continue above strengthening (increase resistance as tolerated)
- GB (prone walkouts)
- PNF with resistance (tubing, dumbbells, manual)
- T-band ER at 90° shoulder abd
- Weight lifting machines
 - Lat pull (in front under chin)
 - Chest press (keep arms in frontal plane)
 - Row
 - Bicep / triceps with pulley weights or dumbbells