



4140 Centennial Hills Boulevard • Casper, WY 82609 • (307) 265-7205

ARTHROSCOPIC BANKART REPAIR- Delayed Motion

Revised October 2012

***IMMOBILIZATION/ BRACE:**

- Immobilizer brace x 4 to 6 weeks.
- Use at all times when up and about and when sleeping. Remove for exercises and if supported on pillows while sitting or reclining when awake.

***ROM GOALS:**

- 1st 4 weeks: *NO GH joint ROM except* supported Pendulums and “rock the baby” exercises.
- Weeks 4-6: Gentle, assisted supine Flex to 90°, ABd 60°, ER to 30° (arm at side).
- Weeks 6-8: Increase Flexion as tolerated; ABd 100-120°; ER to 45°; full IR.
- Week 8 on:
*Progress Passive and Active Assisted ROM to FULL for Flexion, and ABDuction by 10-12 weeks. Should maintain full IR.
- External Rotation (ER):
8-10 weeks: progress to 60.
10 -12 weeks: progress to 75.
After 12 weeks: progress as tolerated to FULL ER.
** AVOID forced ER or ABDuction + ER ROM/ stretches

***SPECIAL PRECAUTIONS/ LIMITATIONS: G/H JOINT ROM in first 4-6 weeks may be restricted and limited more or less than described above depending on additional surgical findings/ procedures and/or surgeon preference.**



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REHABILITATION PROGRAM:

PHASE I- weeks: 0- 4

RANGE OF MOTION: 3-4x / day—

- **Supported Pendulum and “rock the baby” exercises.**
- **Active motion of elbow, wrist and hand.**

STRENGTHENING: 3-4x/ day

- Sub maximal, multiplanar shoulder **isometrics** done in neutral position (10-25 reps, 1-2 sets, can progress resistance as tolerated but not to maximal)
- Scapular retraction/shrug exercises.
- Gripping ex's and AROM elbow.

PHASE II- weeks: 4- 6

RANGE OF MOTION : 2- 3x/ day

1) Start Passive and Active Assisted ROM exercises within the ROM limits set **above** using **WAND supine, overhead pulley**, self assist with well arm in supine, and assist by PT clinic as needed.

2) continue supported Pendulum and “rock the baby”.

3) IR stretch

STRENGTHENING: 2- 3 sets daily; 10- 25 reps

Continue above-- **ADD: AROM supine** scaption and Abduction slides w/o weight

CONDITIONING: UBE - gentle **forward** motion with light resistance

PHASE III- weeks 6--8:

RANGE OF MOTION:

- Continue above **within increased limits of:**
Flexion as tolerated,
ABd 100-120',
ER to 45',
full IR.
- Gentle posterior capsular stretches as needed.
- Assisted passive ROM gently as needed.



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STRENGTHENING: ADD:

1) Rubber Tubing -IR, ER to 30', Scaption "Plus" protraction (in scapular plane) **to 90'**, Rows, and Ext.**to neutral.**

PHASE IV- WEEKS 8-12:

RANGE OF MOTION:

- **Progress to full Active Assistive and Passive Flexion and Abduction ROM**
- **Maintain full IR**
- **External Rotation (ER):**
8-10 weeks: **progress to 60.**
10 -12 weeks: **progress to 75.**
After 12 weeks: **progress as tolerated to FULL ER.**
** **AVOID forced ER or Abduction + ER ROM/ stretches.**
- **Assisted joint mobilization as needed.**

STRENGTHENING: ADD:

1) Hand Weights -

RC and Shd. girdle isotonic exercises with light weight and high repetitions (start with the weight of the arm and slowly increase at ~ 1 lb. increments to ~ 5 lbs.) start ~15 reps working up to 30 reps);

- **SIDE ER** with pillow under elbow
- **PRONE** – “Y’s” and “T’s” ; extension to neutral
- **SIT/ STAND- scaption** (to 90' in scapular plane).

2) Cable pulley weights- Rows, front Pull downs, IR, ER.

3) “Closed Chain” / Scapular Stabilization progression: inclined / Wall push-ups (avoid elbow past shoulder level); “ball on wall”, weight bearing over gym ball, wobble board, Vew–Do board, and weight shifting in quadruped position (should avoid these positions if any multidirectional/ posterior instabilities noted).

4) Plyoball--progress to two handed forward chest pass.

5) Body Blade progressions



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CONDITIONING: increase UBE time and resistance/ interval training- both directions.

PHASE V: beyond 12 weeks:

STRENGTHENING:

- 1) Continue **Hand weight** exercises in a progressive resistive manner.
- 2) Progress to **regular push-ups**.
- 3) Consider more advanced weight training at gym with modifications if given the clearance of the surgeon and guidance of the Physical therapist.
- 4) Advance to **UE Functional training program as tolerated**.

CONDITIONING: continue UBE. May start swimming using breast stroke.

Return to activity/ Duty: usually at 4- 6 months with return of strength and stability.