



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

## ***ARTHROSCOPIC BANKART REPAIR- EARLY 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:**

- 1<sup>st</sup> 4 weeks:
  - Supported Pendulums and “rock the baby” exercises.
  - Passive and assisted Flex to 90°, ABd 60°, ER to 30° (arm at side).
- Weeks 4-6: Increase Flexion 140; ABd 100-120°; ER to 45°; full IR.
- Weeks 6- 8:
  - Progress Passive and Active Assisted ROM:
    - Flexion FULL.
    - Abduction to 140.
    - ER to 60
    - Should maintain full IR.
- Weeks 8 and beyond:
  - Progress to FULL Abduction.
  - Maintain Full Flexion and IR.
  - Progress ER to 75 by 10 -12 weeks then slowly to FULL ER after 12 weeks.
  - *AVOID* forced ER or Abduction + ER ROM/ stretches.

**\*SPECIAL PRECAUTIONS/ LIMITATIONS: G/H JOINT ROM 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**

- **Passive and Active Assisted ROM** exercises within the ROM limits set **above**: using over door passive ROM Pulley device for flexion, scaption, Abduction and IR ; and supine WAND exercises for flexion, Abduction and limited ER.
- **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) **Progress 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.
- **Rubber Tubing** -IR, ER to 30°, Rows, and Ext.to **neutral**.
- “**Ball on Wall**” scapular stabilization below shoulder level.

#### **CONDITIONING: UBE**

- Start with gentle **forward** motion and light resistance.



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**PHASE III- weeks 6--8:**

***RANGE OF MOTION :***

- Continue above **within increased limits**.
- Gentle posterior capsular stretches as needed.
- Assisted passive ROM gently as needed.

***STRENGTHENING: ADD:***

- **Rubber Tubing** - Scaption “Plus” protraction (in scapular plane) **to 90’**
- **UBE** : Progress to forward and backward at about 6 weeks – increase as tolerated minimal to moderate resistance and time.

**PHASE IV- WEEKS 8-12:**

***RANGE OF MOTION:***

- **Progress to FULL ABDuction.**
- **Maintain Full Flexion and IR.**
- **Progress ER to 75 by 10 -12 weeks then slowly to FULL ER after 12 weeks.**
- **AVOID forced ER or ABDuction + ER ROM/ stretches.**

***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, extensions, 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 etc., and weight shifting ‘step ups” ( should avoid these positions if any multidirectional/ posterior instabilities noted).



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4) **Plyoball**--progress to two handed forward chest pass, overhead pass

5) **Body Blade progressions**

**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.