



POST-SURGICAL BANKART REPAIR REHABILITATION PROTOCOL:

This procedure is normally the result of extreme laxity in the anterior capsule requiring surgical intervention to shrink the area. The protocol is divided into phases. Each phase is adaptable based on the individual and special circumstances. Following an ACLR, the patient should avoid placing stress on the anterior joint capsule. Early passive range of motion is highly beneficial to enhance circulation within the joint to promote healing.

The **overall goals** of the surgical procedure and rehabilitation are to:

- 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 orthopaedic and patient goals

Prehabilitation

- Apply ice as much as tolerated within a 24 hour period for first week; encourage icing 15 minutes every 3-4 hours while awake. This is also useful after therapy.

POST-OP DAYS 1 15

GOALS:

- ✓ Pain control.
- ✓ Protection.
 - Sling x 6 weeks Even while sleeping-Place pillow under shoulder / arm while sleeping for comfort.
 - Hand squeezing exercises.
 - Elbow and wrist active motion (AROM) with shoulder in neutral position at side.
 - Ice pack.

DAYS 16 21

GOAL:

- ✓ AAROM Flexion and Abduction to 45 degrees.
- ✓ Continue sling x 6 weeks.
 - Continue appropriate previous exercises.
 - Supported pendulum exercises.
 - Shoulder shrugs / scapular retraction without resistance.
 - Active assisted motion (AAROM) supine with wand flexion and Abduction to 45 degrees.
 - 1-2 Finger Isometrics x 6.

WEEKS 3 4

GOAL:

- ✓ AAROM Flexion to 90 degrees, Abduction to 60 degrees.
 - Continue sling x 6 weeks.
 - Continue appropriate previous exercises.
 - AAROM supine with wand
 - Flexion to 90 degrees
 - Abduction to 60 degrees
 - ER to within 50% of opposite shoulder.
 - AROM IR (supine, abd to 45 degrees) to tolerance.



WEEKS 4 6

GOAL:

- ✓ AAROM Flexion 120 degrees, Abduction to 90 degrees.
 - Continue sling x 6 weeks.
 - Continue appropriate previous exercises.
 - AAROM Flexion (supine wand, pulleys) 120 degrees as tolerated
 - Abduction (supine wand, pulleys) to 90 degrees
 - ER (supine or standing wand) to within 15 degrees of opposite shoulder
 - IR as tolerated (wand behind back) Not if Open Bankart.

WEEKS 6 8

GOAL:

- ✓ AAROM Flexion >120 degrees, Abduction to >120 degrees
 - D/C sling.
 - Continue appropriate previous exercises.
 - AAROM Flexion (supine wand, pulleys) >120 degrees as tolerated, Abduction (supine wand, pulleys) to >120 degrees as tolerated.
 - Prone scapular retraction exercises (without weights).
 - Full pendulum exercises.
 - Treadmill Walking progression program.

WEEKS 8 10

GOALS:

- ✓ Full AROM.
- ✓ 15 wall push-ups.
 - Continue appropriate previous exercises.
 - AAROM Flexion (supine wand, pulleys) to full ROM.
 - Abduction (supine wand, pulleys) to full ROM.
 - Rotator cuff strengthening with light Theraband
 - ER and IR with arm at side and pillow or towel roll under arm.
 - Flexion to 60 degrees
 - Abduction to 60 degrees
 - Scaption to 60 degrees
 - Extension to 30 degrees.
 - Push-up plus against wall No elbow flexion > 90 degrees.
 - Standing rows with Theraband.
 - Prone scapular retraction exercises (with light weight).
 - Ball on wall (arcs, alphabet).
 - Elliptical trainer.
 - Pool walking / running No UE resistive exercises.

WEEKS 10 12

GOAL:

- ✓ Normal rotator cuff strength.
 - Continue appropriate previous exercises with increased resistance as tolerated.
 - PROM / mobilization as needed to regain full ROM.
 - Push-up progression Table to chair (no elbow flexion > 90 degrees).
 - Ball toss with arm at side using light ball.
 - Treadmill Running progression program.
 - Pool walking / running With UE resistance (no swimming).



Dr. Aryn Rajani

M.S Orth (Gold Medallist), D-Orth, MBBS

Consultant Knee and Shoulder Surgeon

Specialist in Joint Replacement, Arthroscopy & Sports Injury

Let's Begin to Live Again...

MONTHS 3 4

GOALS:

- ✓ Run 2 miles at easy pace.
- ✓ 15 regular push-ups.
 - Continue appropriate previous exercises.
 - Fitter on hands.
 - Ball toss overhead.
 - Push-ups, regular No elbow flexion > 90 degrees.
 - Weight training with light resistance
 - No overhead press or pull downs behind head
 - No elbow flexion > 90 degrees with bench, dips, etc.
 - Pool therapy.

MONTHS 4 6

GOAL:

- ✓ Return to all activities.
 - Continue appropriate previous exercises.
 - Push-ups no elbow flexion > 90 degrees.
 - Sit-ups.
 - Swimming.
 - Running progression to track.
 - Progressive weight training
 - No flexion > 90 degrees with bench, dips, etc. Elbow.
 - Transition to home / gym program.

Orthopaedic Arthroscopy Knee & Shoulder Clinic (OAKS)

707, Panchsheel Plaza, Next to Dharam Palace, Hughes Road, Gamdevi Mumbai - 400 007, Maharashtra 400 007

Appointments: Mon. to Fri. : 4 pm to 7 pm | E-mail : dramrajani@gmail.com | Web: www.dramynrajani.com

Hot Line : + 91 22 23619137 | + 91 - 88989 75355