

# **BANKART REPAIR REHABILITATION PROTOCOL (Arthroscopic/Open)**

A Bankart repair is a surgical procedure which is helpful in preventing recurring anterior shoulder dislocations caused due to the instability in the back of the shoulder. Bankart lesion is the most common form of shoulder ligament injury, where the ligaments are torn from the front of the socket. This document speaks of the post-operative rehabilitation protocol for the patient.

## **PHASE I: 1 WEEK POST-OPERATIVE**

### **GOALS: Protection and Pain Control**

#### **AMBULATION AND BRACE USE:**

- Sling x 6 weeks – Even while sleeping
- Place pillow under shoulder / arm while sleeping for comfort

#### **EXERCISES:**

- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance Ice pack

## **PHASE II: 1-2 WEEKS POST-OPERATIVE**

### **GOALS: AAROM Flexion and abduction to 90 degrees**

#### **AMBULATION AND BRACE USE:**

- Continue sling x 6 weeks

#### **EXERCISES:**

- Active assisted motion (AAROM) supine with wand
  - Flexion and Abduction to 90 degrees
  - ER to within 50% of opposite shoulder

- AROM – IR (supine, abd to 45 degrees) to within 30 degrees of opp shoulder 1-2 Finger Isometrics x 6 (fist in box)
  - No Active Internal Rotation if Open Bankart Resisted elbow / wrist exercises (light dumbbell) Stationary bike (must wear sling)

### **PHASE III: ~2-4 WEEKS POST-OPERATIVE**

**GOALS: AAROM Flexion to 120 degrees**

**Abduction to 110 degrees**

AMBULATION AND BRACE USE:

- Continue sling x 6 weeks

EXERCISES:

- AAROM supine with wand
  - Flexion to 120 degrees
  - Abduction to 110 degrees
  - ER to within 80% of opposite shoulder AROM
  - IR (supine, abd to 60 degrees) to tolerance

## **PHASE IV: ~4-6 WEEKS POSTOPERATIVE**

**GOALS: AAROM Flexion >120 degrees**

**Abduction to 120 degrees**

AMBULATION AND BRACE USE:

- Continue sling x 6 weeks

EXERCISES:

- Continue appropriate previous exercises Full pendulum exercises AAROM
  - Flexion (supine wand, pulleys) >120 degrees as tolerated
    - Abduction (supine wand, pulleys) to 120 degrees
    - ER (supine or standing wand) to within 15 degrees of opp shoulder
    - IR as tolerated (wand behind back) – Not if Open Bankart
- Push-up plus against wall – No elbow flexion > 90 degrees Prone scapular retraction exercises (w/o weights)
- Treadmill – Walking progression program

## **PHASE V: ~6-9 WEEKS POSTOPERATIVE**

**GOALS: Full AROM**

**30 Wall pushups**

AMBULATION AND BRACE USE:

- D/C Sling

EXERCISES:

- Continue appropriate previous exercises
- Continue appropriate previous exercises AAROM (pulleys, wall climbs, doorway stretches) through full range
- AROM through full range as tolerated
- 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 Standing rows with Theraband
- Prone scapular retraction exercises (with light weight)
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Push-up progression – Wall to table (no elbow flexion > 90 degrees)
- Body Blade
- UBE forwards and backwards at low resistance Elliptical trainer  
Stairmaster
- Pool walking / running – No UE resistive exercises

## **PHASE VI: ~9-12 WEEKS POSTOPERATIVE**

### **GOAL: Normal rotator cuff strength**

#### **EXERCISES:**

- 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)

## **PHASE VII: ~3-4 MONTHS POSTOPERATIVE**

**GOALS: Run 2 miles at easy pace**

**30 regular push-ups**

### **EXERCISES:**

- 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/pulldowns behind head
  - No elbow flexion > 90 degrees with bench, dips, etc.
- Pool therapy

## **PHASE VIII: ~ 4-6 MONTHS POSTOPERATIVE**

**GOAL: Resume all activities.**

### **EXERCISES:**

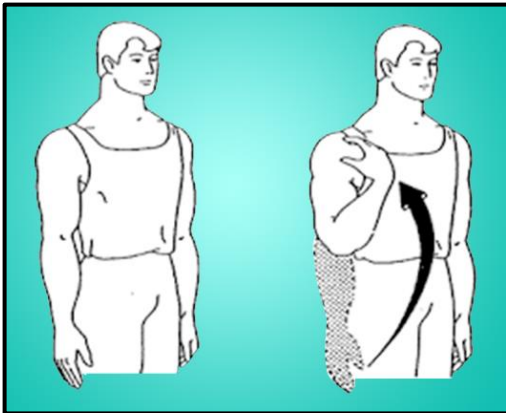
- Continue appropriate previous exercises Push-ups – no elbow flexion > 90 degrees Sit- ups
- Swimming
- Running progression to track Progressive weight training
  - No elbow flexion > 90 degrees with bench, dips, etc.
- Transition to home / gym program

**No contact sports until 6 months postop.**

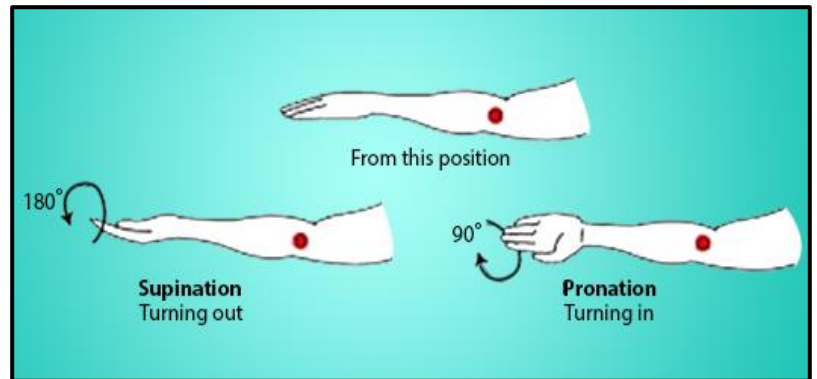
*For any query or further information on home exercises program, kindly connect physiotherapy department W Pratiksha hospital (1244131091 Ext.620/621)*

## Exercises are as follows:

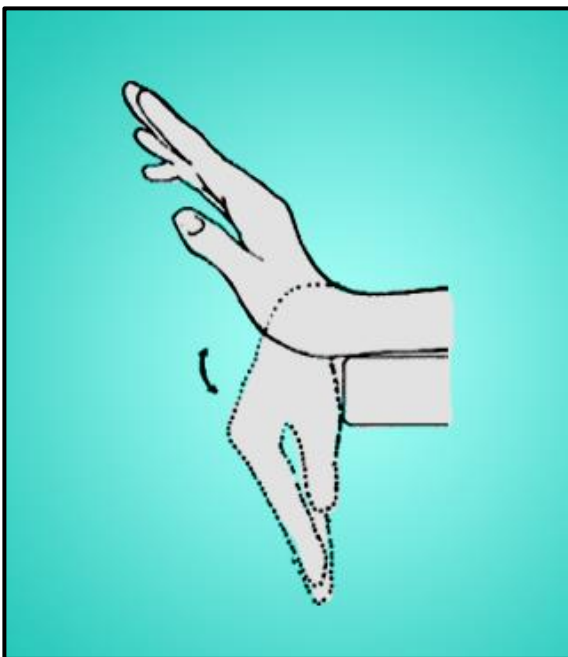
**Elbow full range of motion**



**Forearm supination and pronation**



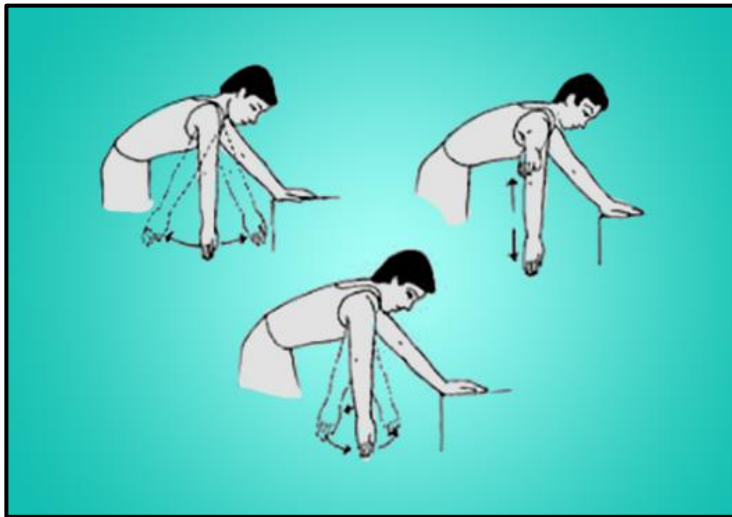
**Wrist complete range of motion**



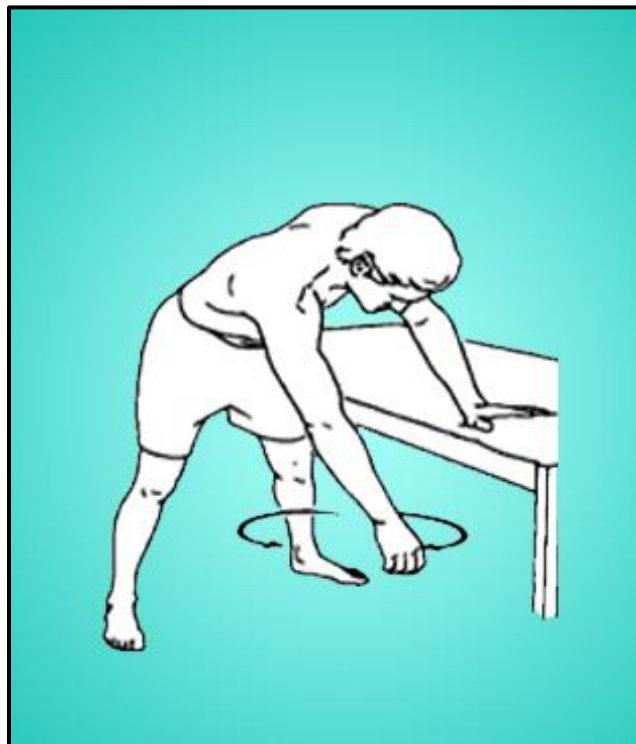
**Hand gripping exercises**



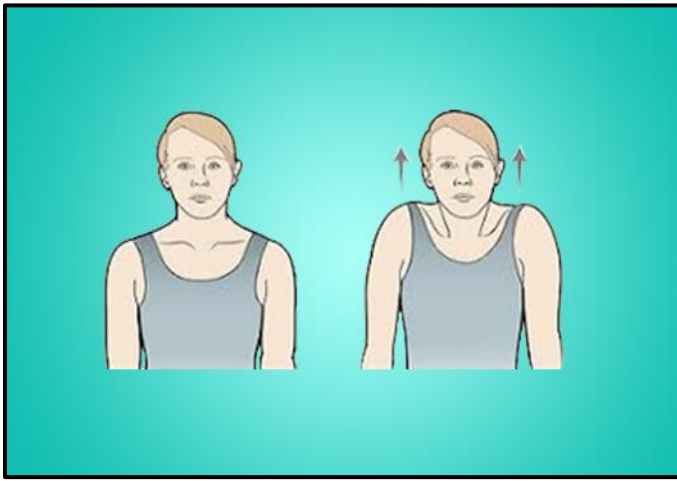
## Shoulder pendulum exercise-swing hand forwards and backwards



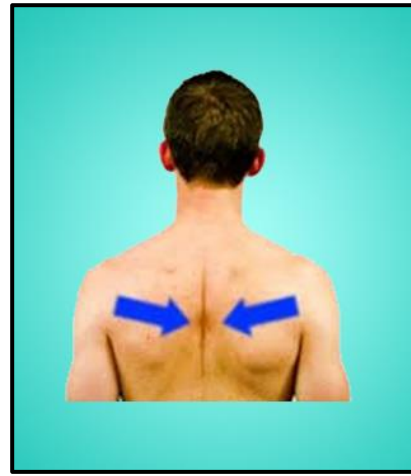
## Shoulder pendulum exercise-swing hand in circles



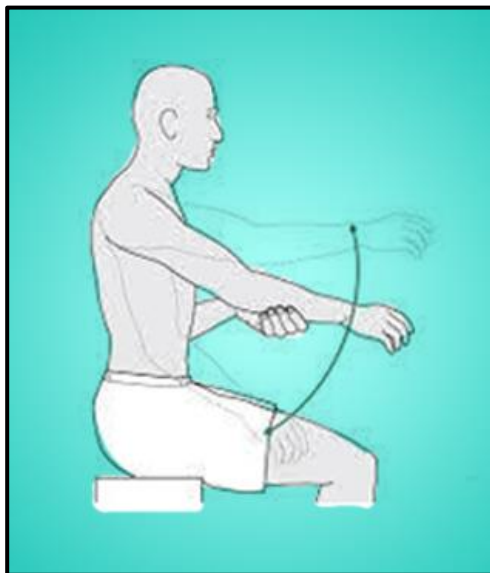
**Shoulder shrugs- lift shoulder up and down**



**Scapular retraction**



**Shoulder forward flexion- 0 to 90 degrees**



**Shoulder Rotatio**





## Shoulder pendulum exercise- swing hand in and out



## Shoulder pendulum exercise-swing hand forwards and backwards

