

Rehabilitation Guidelines for Arthroscopic Bankart Repair

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- General Information
 - Total Recovery time is between 4-6 months depending on factors such as injury severity, patient sport/activity/age and type of repair.
 - Adherence to rehab protocol guidelines and restrictions is critical in avoiding re-injury or failures.
- Immobilization
 - Sling should be worn for 8 weeks in uncontrolled environments (around dogs, kids, in crowds, etc.).
 - Sling should be worn while sleeping for 6 weeks.
 - Sling may be removed in controlled environments for light activity.
 - Discontinue sling completely at 8 weeks.
- Personal Hygiene / Showering
 - Avoid getting incision/portal sites wet for 48 hours.
 - Ok to begin showering 48 hours after surgery (if no wound related issues).
 - Avoid baths, saunas, pools, lakes, etc. for two weeks.
 - DO NOT remove steristrips, allow them to fall off on their own.

Phase 1 (0-2wks):

Aerobic

- Stationary bike x 30 mins (Arm in sling)
- Easy walking on level surface x 30 mins

Range of motion

- Motion performed while supine (lying on back)
- Passive forward flexion to 120 degrees
- Passive motion in scapular plane to 120 degrees
- Passive external rotation to 30 degrees at side
- Passive abduction to 90 degrees
- Active wrist and elbow range of motion
- Passive ROM x 4 wks

Strength

- Wrist and grip only

Modalities

- Ice for 20 minutes, 3 times per day

Phase I Goals

- Pain free passive range of motion to limits above

Phase II (2-4 wks):

Aerobic

- Same as above progress to 45-60 mins

Range of motion

- Progress passive/active assist FF-150, scapular 150, abd-100
- Limit passive ER-30

Strength

- Start gentle isometric exercises for extension, ER, IR, ABD
- Start scapula proprioceptive neuromuscular facilitation

Phase II Goals

- Passive ROM to limits above
- DO NOT EXCEED 45 degrees of ER at side

Phase III (4-6wks):

Aerobic

- Same as phase II

Range of motion

- Prom ff-160, abd-140, er-45(with arm at side)

Strength

- Start rotator cuff in scapula plane to include ir and er at low angles
- Deltoid isometrics
- Shoulder pinches/shoulder shrugs

Phase III Goals

- ROM as above

*Phase IV (6-12wks): ***discontinue ultra-sling******

Aerobic

- Light jogging after cleared by surgeon
- Continue stationary bike

Range of motion

- Active ROM FF-160, abduction 140, ER 45 (with arm at side)

Strength

- Start progressive resisted theraband exercises in various planes

Phase IV Goals

- Full active range of motion with exception of limit of ER to 45 degrees Normal scapulothoracic motion

Phase V (12-16wks):

Aerobic

- Versaclimber, Stairmaster, Running

Range of motion

- Progress to full range of motion

Strength

- Diagonal rotator cuff exercises
- External and internal rotation at 90 degrees with cable
- Push-up progression: (begin with standing wall pushups & progress to horizontal)

Phase V Goals

- Restore rotator cuff and deltoid strength

Phase VI (>16 wks):

Aerobic

- May start swimming

Strength

- Start throwing progression (short to long)
- Begin with lat pull downs and progress to pull-ups
- Initiate free weights & machine lifting

Phase VI Goals

- Ability to perform push-ups, pull-ups, swim.
- Return to contact/overhead sports/airborne operations/deployment when cleared by surgeon.