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Arthroscopic Bankart Rehabilitation Protocol

* 6-8 visits total over 12 weeks

Stage I (0-3 weeks for open repair) (0-4 weeks for arthroscopic repair)

A. Shoulder abduction sling placed in O.R. May remove sling for dressing and hygiene. Wear shoulder sling for 3 weeks for open repair; 4 weeks for arthroscopic repair. May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth, writing, and occasional keyboard use. May also remove for exercises, showering, and dressing.

B. Exercises ROM elbow, may squeeze a soft ball or tennis ball for grip, co-contraction of biceps/triceps at 0°, 30°, 60°, 90°, 120°

C. Pendulum exercises

D. Begin PT at 1 week post-op. Passive ROM per chart below.

Stage II (4-12 weeks)

ROM GOALS

A. Continue ROM per schedule at right.
Isometric exercises and wand program, add supraspinatus strengthening exercises.
Scapular stabilization exercises (shoulder shrugs).

At 6 weeks post-op: PT 1-2 times every 2 weeks until independent with home program.

B. ROM

1. AROM/PROM for all shoulder motions
Except - NO ER past 20° until 4-6 weeks post-op. Full ER by 12 weeks.
Progress as tolerated.

2. IR/ER exercises at 5 weeks post-op against gravity - no isometrics.
Home program: Overhead pulleys if needed
Wand exercises

Weeks FF ER

0-2 90° 10°

2-4 110° 20°

4-6 130° 30°
6-8 160° 45°
8-12 Full "Full"
"Prefer 5° less than normal side.

C. Strengthening Exercises

1. Strengthening exercises with emphasis on the rotator cuff muscles.
 - Add shoulder flexion strengthening exercises.
 - Isometric Exercises: start at 4 weeks post-op. no IR or adduction until 6 weeks post-op
 - painfree range only

2. Isotonic Exercises: start at 6 weeks post-op
Start against gravity only - progress as tolerated to:
 - 4 oz. (butter knife)
 - 8 oz. (tuna can)
 - 1 # weight (soup can)
 - 2# weight etc.
 - GOAL:
 - Thrower/Pitcher: 5-8% of body weight x 50 reps
 - General Rehab Candidate: 1-3% of body weight x 25 reps

3. Scapular stabilization exercises.
**If patient has full ROM, begin restoring normal scapulohumeral rhythm

Stage III (3-6 months)

A. Overhead lifting activities as tolerated at 4 months.

1. Continue progressing weights with emphasis on eccentric exercises. May begin isokinetic strength training for flexion and abduction. May add training at the slower speeds with continued emphasis on the higher speeds.

B. Calisthenic Exercises

1. No pull-ups until 4 months post-op
2. Throwing Activity - start 4 months post-op. Follow throwing protocol.
3. Return to non-overhead sport at 4 months post-op if PT goals have been met.
4. No Dips - until 4 months
5. Full return to throwing at 6-8 months