



GOLDEN STATE ORTHOPEDICS & SPINE

REHABILITATION AFTER ARTHROSCOPIC POSTERIOR BANKART REPAIR

Phase One: 0 to 4 weeks after surgery

Goals:

- Allow healing of the repaired capsule
- Initiate early protected and restricted range of motion
- Retard muscular atrophy
- Decrease pain/inflammation

Activities:

1. Sling

Use your sling as instructed by your doctor. If you remove the sling, be careful and keep the shoulder safe. The sling must be worn at all times with the exception of exercise activity and bathing. Keep the sling on when sleeping at night for the first four weeks.

2. Use of the operated arm

You may use your hand on the operated arm as long as you do not raise the hand above your head or reach across the front of your body. Also, do not reach your hand behind you as if to tuck in your shirt or to loop your belt. You should bend your arm at the elbow and use your fingers and hand, such as to reach up and touch your face. Keep your elbow in front of you. Do not bear the weight of the body on your arm.

3. Bathing and showering

You may shower or bath and wash the incision area. To wash under the operated arm, bend over at the waist and let the arm passively swing away from the body. It is safe to wash under the arm in this position. This is the same position as the pendulum exercise. **Do not** submerge the incisions under water.

ICE

Days/Week:	7	as necessary	15-20 minutes	Times/Day:	4-5
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STRETCHING/PASSIVE MOTION

Days/Week:	7	Times/Day:	4-5
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Program:

Range of Motion	Strengthening exercises
Pendulum exercises Internal and external rotation at neutral Supine External Rotation flexion, extension and abduction Supine forward arm elevation Weeks 0 to 4: limit 120° No internal rotation No horizontal adduction	Isometric exercises: - Rhythmic stabilization and proprioceptive training drills with physical therapist. - Ball squeeze exercise. - No weight bearing exercises or activities



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Phase One: 5 to 6 weeks after surgery

Goals:

Gradual increase in ROM

- Improve strength.
- Decrease pain/inflammation
- Protect the labrum repair

Activities:

1. Sling

The sling is no longer necessary.

2. Use of the operated arm

You may now carefully use your arm. Avoid having the arm forcefully pulled behind you or across your chest in front of you. Continue to avoid heavy weight lifting or manual labor. Follow any further instructions given to you by your doctor.

3. Precautions

You may use your hand on the operated arm as long as you do not raise the hand above your head or reach across the front of your body. Also, do not reach your hand behind you as if to tuck in your shirt or to loop your belt. You should bend your arm at the elbow and use your fingers and hand, such as to reach up and touch your face. Keep your elbow in front of you. Do not bear the weight of the body on your arm.

4. Ice

Use ice or cold as necessary 15-20 minutes.

Program:

STRETCHING/ACTIVE MOTION	STRENGTHENING EXERCISES
Days/week: 7; Times/day: 1-3 Program: Pendulum exercises Supine External Rotation Hands-behind-head stretch Standing external rotation stretch Standing forward flexion to 90° (scaption) Supine forward flexion: Limit 140° week 6	Days/week: 7; Times/day: 1 Theraband internal and external rotation: (internal rotation to neutral only) Prone row Prone extension Biceps curl Sidelying external rotation

Phase Two: 7 to 12 weeks after surgery

Goals:

- Protect the shoulder repair
- Regain full range of motion
- Continue gradual strengthening



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Activities:

2. Use of the operated arm

You may now use your arm in a more normal fashion. You may move the arm into all positions including behind the back if it is comfortable. Avoid having the arm forcefully pulled behind you, pulled across the chest or bearing weight as if doing a push-up.

Continue to avoid heavy weight lifting or manual labor. Follow any further instructions given to you by your doctor.

3. Precautions

Do not lift heavy objects overhead with the weight going behind the head. In other words, keep objects in front of you where you can see them.

Program:

STRETCHING/RANGE of MOTION	STRENGTHENING/THERABAND	STRENGTHENING/DYNAMIC
<p>Days/week: 7; Times/day: 1-2</p> <p>Pendulum exercises External rotation at 90° abduction stretch Wall slide Stretch Hands-behind-head stretch Standing external rotation stretch Standing Forward Flexion Behind the back a rotation: starts after the 8th week after surgery Horizontal adduction stretch: starts after the 8th week after surgery</p>	<p>Days/week: 7; Times/day: 1</p> <p>External Rotation Prone Extension Internal Rotation Standing forward flexion "full-can" exercise Standing Forward Punch Rhythmic stabilization and proprioceptive training drills with physical therapist Shoulder Shrug Dynamic hug 'W's Seated Row Biceps curl</p>	<p>Days/week: 7; Times/day: 1</p> <p>Side-lying External Rotation Prone Horizontal Arm Raises 'T's Prone scaption 'Y' Prone row</p>

Phase Three: 13 to 20 weeks after surgery

Goals:

1. Protect the ligament repair
2. Regain full range of motion
3. Continue strengthening
4. Gradual return to full activity

Activities:

Use the arm for normal daily activities but continue to cautious to avoid excessive or forceful reaching across the front of the body. Also be cautious when reaching behind your body. Continue to avoid bearing weight as if pushing open a door or doing a pushup.



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Program:

STRETCHING/RANGE of MOTION	STRENGTHENING/THERABAND	STRENGTHENING/DYNAMIC
<p>Times/day: 1 Days: 5-7 Pendulum exercises Standing External Rotation. Wall slide ·Stretch</p>	<p>Times/day: 1; Days/week: 3 Continue exercises from phase 3 External rotation at 90° Internal rotation at 90° Standing T's Diagonal up Diagonal down Biceps curls Resisted forearm supination-pronation Resisted wrist flexion-extension Machine resistance (see guidelines last page) Closed kinetic chain program (guidelines) PNF manual resistance with physical therapist Push-up progression can begin per MD, beginning with wall push-up</p>	<p>Times/day: 1; Days/week: 3 Hands-behind-head stretch Behind the back internal rotation Supine Cross-Chest Stretch Sidelying internal rotation (sleeper stretch) External rotation at 90° Abduction stretch</p>

Phase Four: 21-28 weeks after surgery onward

Goals:

1. Progression of functional activities
2. Maintain full range of motion
3. Continue progressive strengthening

Program:

STRETCHING/RANGE of MOTION	STRENGTHENING/THERABAND	STRENGTHENING/DYNAMIC
<p>Days/week: 5-7; Times/day: 1 Continue all exercises from phase 5</p>	<p>Days/week: 3; Times/day: 1 Continue from phase 5</p>	<p>Days/week: 3; Times/day: 1 Continue from phase 5</p>

PLYOMETRIC PROGRAM

Days per week per physical therapist

May process weight bearing program:

- Rebounder' throws with arm at side
- Wall dribbles overhead
- Rebounder throwing/weighted ball
- Deceleration drills with weighted ball
- Wall dribbles at 90°
- Wall dribble circles



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WEIGHT TRAINING

Days per week per physical therapist

See weight training precautions section

Progress per MD instructions

INTERVAL SPORT PROGRAMS at 28 to 32 weeks

See individual programs for golf, tennis, swimming and throwing.