



SASKATOON ORTHOPEDIC & SPORTS MEDICINE CENTER

Shoulder Arthroscopic Bankart Repair: Rehabilitation Guidelines

Post-Operative Period (0–4 weeks)

- Goals:
- Protect anatomical repair
 - Prevent negative effects of immobilization
 - Decrease pain and inflammation

- Shoulder immobilizer worn continuously (this include at night), removed only for dressing, showers, personal hygiene
- Wound must be kept dry for first 5-7 days
- Elbow, wrist and finger ROM
- Ball squeeze
- Ice/Cryocuff
- Medication as directed by the surgeon
- ROM exercises as per instruction upon leaving the hospital/surgical center

Phase I (4-8 weeks)

- Goals:
- Promote GRADUAL increase in ROM
 - Promote postural/proprioceptive awareness
 - Promote basic strength restoration
 - Promote functional use in ADL's

- Discontinue immobilizer
- Progress active and active-assisted ROM
- Passive stretching – should gain ROM gradually through weeks 4-8
- Elevation to 90° (week 2), to 140° (week 5-6)
- ER at side to 35° (unless specified by surgeon)
- ER to 55°, and IR to 55° (both at 45° abduction)
- Strengthening to include:
 - supine stick or ball drills (can use ! roll)
 - supine X & O's, alphabet, figure-8 drills
 - postural/scapular control activities
 - scapular plane elevation
 - prone extension/row (not posterior to trunk)
 - rhythmic stabilization drills
 - submaximal isometrics
 - core strengthening
 - introduce resistance of tubing, light dumbbells, medicine ball to intermediate exercises – establish movement quality and control prior to adding more load than weight of limb

Phase II (8-12weeks)

- Goals:
- Promote continued ROM restoration within guidelines
 - Progress to intermediate strength, proprioception and dynamic stability restoration

- Continue ROM, gradually increasing ER, but not beyond 90° in 45° abduction; flexion to 160°+
- Continue to advance postural, scapular, rotator cuff and general shoulder girdle strengthening
- Progress proprioceptive and dynamic stability drills in supine, sitting, standing and 4-pt kneeling, including diagonal patterns, press on wall (use ball)

Phase III (12-24 weeks)

- Goals:
- Progress to advanced strength, proprioception and dynamic stability restoration
 - Include sport/work specific programming

- Sport specific drills – i.e. graduated throwing program (towel, mini tramp toss, ball toss, progress reps/distance, off mound), progress dynamic press/grapple activities, (no contact until 5-6 months)
 - work specific drills – i.e. lifting, reaching, overhead tool work duty simulation, (laborers may RTW at 3-4 months, depending on job demands)
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