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## **Arthroscopic Bankart Rehabilitation Protocol**

\* 6-8 visits total over 12 weeks

### **Stage I (0-4 weeks)**

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°  
Pendulum exercises

C. 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.
2. Add shoulder flexion strengthening exercises.
  1. Isometric Exercises: start at 4 weeks post-op  
no IR or adduction until 6 weeks post-op  
painfree range only  
Reps: 7-10 x 10 seconds each - progress to 30 x 10 seconds each
  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/traction 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 function progression per IAM program.
3. Return to 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

### C. Throwing Program may be initiated at 4- 5 months.

1. Perform first isokinetic test evaluating strength and endurance in the following movement patterns: internal and external rotation, flexion and extension, abduction and adduction. Each movement pattern is tested on a different day (i.e., conduct test over a 3-day period).
2. If the isokinetic test indicates adequate strength and endurance (80% or above as compared to the uninvolved shoulder), begin the Throwing Program.