



Kai Mithoefer, MD

840 Winter Street, Waltham, MA 02451
125 Parker Hill Avenue, Boston, MA 02120
40 Allied Drive, Dedham, MA 02026
800 West Cummings Drive, Woburn, MA 01801
Phone 617.264.1100, Fax 617.264.1101
www.bostonjointpreservation.com

POSTOPERATIVE REHABILITATION GUIDELINES
ARTHROSCOPIC ANTERIOR BANKART + SLAP REPAIR

The following protocol is intended as a general guideline for physical therapist, athletic trainer, and patient after a anterior Bankart repair. These guidelines are designed to facilitate the expedited and safe return to athletic or professional activity and is based on a review of the current scientific principles of a anterior Bankart repair. For the treating health care provider this protocol should not serve as a substitute for individualized clinical decision making during the patient's post-operative course but should rather take into consideration the individual's physical findings, progression, and possible post-operative limitations. If the therapist or patient requires assistance or encounters any postoperative complication they should consult with **the surgeon**.

Physical Therapy to Start in first week after surgery.

Phase I - Immediate Post-Surgical Phase

Precautions:

1. No Lifting of Objects
2. No IR behind back first 4 weeks
3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands
- 5. No cross chest adduction first 4 weeks**
- 6. No revisited biceps work 8 weeks**

Week 0-3

- Sling Usage
 - 24/7 except for showers and exercise
- PROM Guidelines For Shoulder
 - Flex to 90 degrees

- Abduction to 90 degrees
- ER to Neutral
- IR to scapular plane
- Daily Exercises 4-5x/day
 - Elbow flexion/extension
 - Pendulums
 - Flexion
 - Circles
 - Pulleys within PROM Guidelines
 - Cardiovascular Exercise
 - Stationary Bike Only
- ICE PRN

Week 3-4

- Sling Usage
 - Discontinue Sling at start of 4th week for awake hours
 - Continue with sling until end of 6th week for sleeping
- PROM Guidelines
 - Flex to 180 degrees
 - Abduction to 180 degrees
 - IR to 70 degrees at 90 degrees Abduction
 - ER to Neutral
- Strengthening
 - Isometric flexion/extension/IR/ER/abd
 - Scapular retractions with theraband
- Start AAROM
- UBE at NO Resistance
- Continue with elbow and wrist ROM and Gripping exercises
- Ice for pain PRN

Phase II

Precautions:

1. No Heavy Lifting of Objects
2. No Supporting of Body Weight by Hands & Arms
3. No Sudden Jerking Motions

Weeks 5-10:

- Continue all exercises above
- PROM

- ER to 25 degrees until end of week 6 then continue as tolerated
- No restrictions on Flex/abduction/IR
- Achieve Full AROM by end of 9th week
- Increase strengthening
 - Sidelying ER
 - RTC strengthening with Theraband
 - Prone Rowing
 - Initiate Scapular Muscular Strengthening
 - Lower traps
 - Prone Thumbs up/down
- Posterior/Inferior joint mobs for pain control
- Cardiovascular
 - Elliptical without Arms at 6wks
 - Ok to add arms at 8wks
 - Treadmill at 6wks
- ICE PRN

Phase III : Strengthening

Week 10-16

- Continue to progress above exercises
- Maintain Full Active and Passive ROM
- Begin biceps curls with weights
- Progress Shoulder Strengthening Exercises
 - RTC strengthening at 90 Degrees abduction
 - Plyometric ball toss
 - PNF patterns
 - Below the shoulder light weight lifting
- Start easy throwing program at week 12
 - Should take 8 weeks to complete
- Return to sport except Football/Rugby/Wrestling/Kayaking
- ICE PRN

Week 17-24

- Continue to increase strengthening
- Continue with throwing program
- Start Sport Specific training beyond throwing program
- Return to All Sports

