

Craig E. Weil, MD
Rehabilitation Guidelines following Bankart Procedure

Phase I: 0 – 4 weeks – exercise 4 – 6 x/day:

Goals:

1. Patient education
2. Permit capsulo-ligamentous-labral healing.
3. Control pain and inflammation.
4. Initiate range of motion exercise.

Treatment:

POD # 1

1. Educate patient on precautions.
2. Pendulum exercise
3. Elbow AROM, hand squeeze exercises
4. Ice (instruct patient on use of ice at home)

POD # 7 – 10:

1. Continue with pendulum exercises.
2. Phase I stretching
 - forward elevation
 - external rotation at 45 degrees in POS (limit range to 30 degrees)

Phase II: 4 – 6 weeks:

Goals:

1. Decreased pain and inflammation
2. Normal arthrokinematics of gleno-humeral and scapulothoracic joint
3. Improve strength

Treatment:

1. Continue with above treatment
2. Phase II stretching
3. Manual resistance for gleno-humeral and scapulothoracic stabilization
4. Phase I strengthening (at 5 – 6 weeks)
5. Add shoulder shrugs and scapular retraction
6. Bodyblade in non-provocative positions

Phase III: 6 – 12 weeks:

Goals:

1. Increase strength of rotator cuff and deltoid
2. Increase strength of scapular muscles
3. Increase total arm strength (biceps, triceps, forearms, etc.)
4. Initiate strengthening in provocative positions

Treatment:

1. Continue with above (decrease frequency of stretching exercises)
2. Add Phase II stretching when at green for Phase I strengthening
 - Progress strengthening to more provocative positions
3. Variable resistance and / or free weight resistance
4. Bodyblade in functional positions
5. Plyoball progression (begin with chest pass)

Phase IV: 12 – 16 weeks:

Goals:

1. Initiate return to sport of occupational activity

Treatment:

1. Bodyblade in overhead positions
2. Plyoball throwing
3. Work / Sport specific activities