



FOX VALLEY ORTHOPEDICS
ARTHROSCOPIC BANKART REPAIR

All surgeons:

Start PT @3 weeks

Sling use x 6 weeks

If biceps tenodesis also, please combine that protocol

PHASE I

Week 3 start

- Precautions
 - Sling use for 6 weeks
- PROM, AAROM
 - No shoulder AROM ABD, ER, and extension
 - Gradual shoulder PROM
 - Flexion / Scaption: 0-90, ER in scapular plane: 0-20,
 - IR in scapular plane: 0-60
 - Pendulum exercises
 - AAROM pulley, wand all planes within ROM guidelines
- Strengthening
 - Initiate submaximal GHJ isometrics- all planes
- Stretching
 - Posterior capsule stretching
- Manual techniques
 - Scapular mobilization
 - Soft tissue massage
 - Scar tissue mobilization incision sites
 - Posterior capsule stretching
 - Manual resistance exercises scapular retraction / depression
- Modalities
 - Ice, electrical stimulation

PHASE II

Week 4-6

- PROM, AAROM, AROM
 - Gradual shoulder PROM
 - Week 6- Flexion / scaption: 140, ER: 30, IR: Full
 - Continue with AAROM exercises within new ROM guidelines
 - Initiate UBE for endurance
- Strengthening
 - Continue GHJ isometrics
 - Initiate IR / ER at neutral with tubing
 - Initiate sidelying ER
 - Initiate push-up progression (serratus)
 - Initiate standing flexion, scaption within ROM guidelines

ARTHROSCOPIC BANKART REPAIR

- Initiate scapular strengthening (rows, serratus, scapular depression, prone horizontal abduction / extension)
- Stretching
 - Posterior capsule stretching
- Manual techniques
 - Scapular and GR II-III GHJ mobilizations
 - Posterior capsule stretching
 - Soft tissue massage
 - Initiate supine rhythmic stabilization at 90 flexion
- Modalities
 - Ice, electrical stimulation

PHASE III

Week 7-12

- PROM, AAROM, AROM
 - PROM week 8: Flexion / scaption: 160, ER at 90 ABD: 75, IR: Full
 - Gradually increase all shoulder PROM to full by 10 weeks
 - Continue with AAROM exercises to achieve full ROM
- Strengthening
 - Continue strengthening exercises from Phase II, increasing resistance and repetitions
 - Initiate plyoball chest pass (week 8-10)
 - Initiate PNF patterns with tubing
- Stretching
 - Posterior capsule / pectoralis stretching
- Manual techniques
 - Scapular and GR II-IV GHJ mobilizations
 - Soft tissue massage as necessary
 - Posterior capsule stretching
 - Continue rhythmic stabilization- progress to seated, quadruped and various planes
 - Initiate manual resisted PNF patterns
- Modalities- as necessary