
BANKART POST-OP PROTOCOL

DR ELRASHIDY – TRI-VALLEY ORTHOPEDICS

PHASE I: Weeks 0-2 (Immediate Post Surgical Phase)

- ♦ **SLING:** FULL-TIME x 5-6 weeks except during showering or elbow ROM
- ♦ **CRYOTHERAPY:** For 2 weeks post-op and after PT
- ♦ **SOFT TISSUE MODALITIES:** Axilla, pec major/minor for pain & swelling
- ♦ **GOALS:** Protect repair, diminish pain/inflammation, enhance scapular function and achieve appropriate ROM.

PHASE I PRECAUTIONS:

- ♦ **Educate patient:** Avoid **Abduction/ER** – Avoids **anterior-inferior stress on repair**
- ♦ **No AROM** of shoulder, **No Lifting** with operative shoulder.
- ♦ **Sleep in Ultra-Sling, Shower** with arm at side.

EXERCISES:

Weeks 1 -2

- ♦ **Pendulums**, PROM/AROM elbow, wrist, hand & neck, grip strength
- ♦ Normalize scapular position, mobility and stability
 - ♦ Shrugs (Up, Back and Down in Circular Motion)

PHASE II: Weeks 3-6 (Protection Phase/PROM)

- ♦ **GOALS:** Gradually restore **shoulder PROM**
 - ♦ Achieve full Forward Flexion in scapular plane
 - ♦ Achieve PROM of ER to 30° (with arm at side)
- ♦ **No shoulder AROM, No lifting > coffee cup**
- ♦ Continue **sling** thru Week 6 (unless otherwise indicated)

Week 3

- ♦ Begin supine Active-Assisted ROM
 - 1) **Supine Forward Elevation** : Goal of **90° by Week 4, 120° by Week 5**
 - 2) **Passive Internal Rotation:** With Wand (*Delay until 6 weeks for **posterior repair**)
- ♦ Scapular setting & prone scapular retraction
- ♦ Ok to begin non-impact cardiovascular exercise (stationary bike)

Weeks 4-5

- ♦ Work on **ER PROM & AAROM** (with wand): ER to **30° @ neutral** & then ER to **30° in 20° ABD**

Week 6

- ♦ Work on ER PROM/AARPM: ER to **30° in 90° ABD**
- ♦ Begin **Table Slides + Wall Slides**
- ♦ Continue Scapula Protraction/Retraction

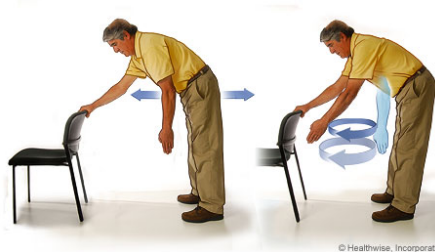
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PHASE I and II: EXERCISE EXAMPLES

- 1) **Passive Supine Flexion/Forward Elevation:** Lie on back & grasp wrist with non-op hand. Passively raise operative arm overhead. Aim for 90° by week 4. In weeks 4-5, progress to 120°. Full ROM by 6 weeks. Keep elbow bent & relaxed.



- 2) **Pendulum Exercise:** Hold chair back with non-op hand & lean forward. Let operative arm hang down & use body to passively swing arm: Forward, backward, side-to-side & in small circles. Repeat throughout day as tolerated



*** POSTERIOR REPAIR/REVERSE BANKART**

**** Please note following precautions:**

***For 6 weeks:** No horizontal adduction, No Wall Push-Ups, No AP glides or posterior shearing

***For 4 months:** No push-ups, No bench press, No plank position

PHASE III: Weeks 6-12 (Intermediate Phase/AROM)

GOALS

- ◆ Begin to **wean sling** in Week 6. **Discontinue completely** by end of Week 6.
- ◆ Allow use of operative extremity for **light ADLs**
- ◆ Progress AAROM (**Ok to begin pulleys + doorway stretches**)
- ◆ Gradually **progress to AROM** (straight plane movements) + light strengthening
- ◆ Gradually increase **ER PROM**

PHASE III PRECAUTIONS

- ◆ No aggressive ROM/Stretching, **NO Lifting > 5-8 lbs**
- ◆ No strengthening in position of abduction & ER (i.e no Flies, Push-Ups)

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EXERCISES:

Week 6-7

- ◆ Continue to increase **ER PROM**: ER of 30°- 50° at 20° ABD, then 45° at 90° ABD
- ◆ Begin limited **Active ER** (lateral or prone): Limit to 40° with arm at side
- ◆ Begin **Active Forward Flexion** (in scapular plane, progress as tolerated)
- ◆ Begin light biceps & triceps resistive exercises

Week 8

- ◆ Begin assisted-IR behind back
- ◆ Begin Prone Elbow Planks (***NOT UNTIL MONTH 4 WITH POSTERIOR LABRAL REPAIR***)
- ◆ Begin Push-ups (Advance weekly)

ROM LIMITS

Week 8

- ◆ Ok to start combined ABDUCTION/ER to 45°/45° (in clinic with PT/PTA ONLY)

Week 10

- ◆ **Begin treadmill**: Running Progression Program
- ◆ Progress ABD/ER to WNL
- ◆ AROM should be WNL

PHASE IV: Weeks 13-20 (Strengthening Phase)

EXERCISES:

Week 13

- ◆ Continue resistive strengthening & T-Band work in Abduction/Adduction.
- ◆ Begin Horizontal Abduction strengthening.
- ◆ Start **Bilateral UE Plyometrics, Two-Handed** Ball Toss Against Wall.
- ◆ OK to begin Pectoral Flys at Week 13-14
- ◆ Start gentle swimming – Breast stroke only

Weeks 16

- ◆ Initiate **Unilateral UE Plyometrics, Single-Handed** Ball Toss
- ◆ Start freestyle swimming @50% effort
- ◆ Soft Toss @50% effort, close distance
- ◆ Throwing Mechanics assessed by coach or PT
- ◆ Sport Specific drills with limited effort to 50%

Weeks 17-20

- ◆ Progressive weight-training (no elbow flexion >90° with bench/dips)
- ◆ Initiate interval throwing program on level ground

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PHASE V: Week 21-26 (Advanced Strengthening Phase)

- ◆ Initiate T-Band ER/IR at 90° Abduction (slow/fast sets)
- ◆ Continue strengthening program to progress endurance
- ◆ Progress Interval throwing program and/or initiate Sports-specific drills (including long-toss)

Phase VI: Months 6+ (RETURN TO SPORT/ACTIVITY)

- ◆ Clear for contact sports after 6 months
- ◆ Continue/advance sports-specific drills

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