



CONCORD ORTHOPAEDICS

ARTHROSCOPIC BANKART REPAIR / REHAB

Rehab Protocol # 13

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WEEK 1:

- Shoulder immobilizer
- Elbow, wrist and grip strengthening exercise
- Return to office at 7-10 days for suture removal

WEEKS 2 – 4:

- Continue immobilizer
- Elbow, wrist and grip exercises continue
- Formal therapy begins at 3 - 4 weeks

WEEKS 4 – 8:

- Wean from sling between weeks 4 to 6
- AAROM, AROM only at this time
- 6 week goal = 145 forward flexion, 45 abduction, 45 external rotation
- Isometric rotator cuff strengthening only at this time
- Scapular shrugs, protraction, retraction
- Non-impact aerobic activity only (stationary bike, stair climber)
- 8 week goal = ROM within 20 degrees of opposite shoulder

WEEKS 8 – 12:

- Theraband → light PRE's
- Regain full ROM, can begin PROM in addition to AAROM
- Strengthening for deltoid, rotator cuff, scapular advanced slowly
- Limit strengthening work to 3 times a week

WEEKS 12+:

- May return to pre-injury conditioning
- Continue ROM, strengthening efforts
- Functional strengthening (plyometrics, proprioception)
- Sport-specific exercises

NOTES:

- NO CONTACT SPORTS FOR 6 MONTHS

MD FOLLOW-UP:

- One week with X-ray (gleno humeral AP in neutral rotation, "Y")
- Four weeks
- Ten weeks
- Five months