

REHABILITATION GUIDELINES FOR BANKART REPAIR

<u>Phase I: 0-4 Weeks</u> (Exercise 3-5 times per day)	<u>Phase II: 4-6 Weeks</u>
Goals: <ol style="list-style-type: none"> 1. Patient Education 2. Control pain & inflammation 	Goals: <ol style="list-style-type: none"> 1. Decrease pain & inflammation 2. Improve ROM 3. Regain glenohumeral & scapula thoracic rhythm
POD #1: <ol style="list-style-type: none"> 1. Educate patient on precaution 2. Ice & Sling for pain 3. Sling @ all times except for exercises 	TREATMENT: <ol style="list-style-type: none"> 1. Stretching (Flexion, abduction) 2. Manual resistance for glenohumeral and scapulothoracic stabilization 3. Add shoulder shrugs & scapular retraction & protraction 4. Stretch posterior capsule
POD #14-30: <ol style="list-style-type: none"> 1. Pendulum exercises 2. PROM in forward flexion & abduction (scaption) 3. Sling @ all times except for exercise 	
<u>PHASE III: 6-12 Weeks</u>	<u>PHASE IV:</u>
Goals: <ol style="list-style-type: none"> 1. Increase strength of rotator cuff and scapular muscles 2. Increase total arm strength 3. Initiate strengthening in provocative position 	Goals: <ol style="list-style-type: none"> 1. Initiate return to sport and occupational activities
Treatment: <ol style="list-style-type: none"> 1. Continue with stretching exercises in all planes 2. Progress strengthening to more variable resistance or free weight 3. Plyoball progression/body blade 	Treatment: <ol style="list-style-type: none"> 1. Work/Sport specific activities