



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

<http://www.jasonlowrymd.com/>

<http://www.arlingtonortho.com/>

ARTHROSCOPIC BANKART REPAIR Treatment Guidelines

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Introduction

- Goal
 - Reestablish full function of shoulder without stressing anterior capsular labral repair
- May return to contact sports and weightlifting at 6 months; full recovery may take 1 year

Phase I – Protective / Early Range of Motion (0 to 3 weeks)

- Goals
 - Early range of motion to prevent stiffness
 - Allow healing of repair
- Exercise (perform exercises 3 times daily)
 - Active assisted flexion with pulleys – progressively increase to 90°
 - Pendulums
 - AAROM shoulder ER to neutral (0°). Use a cane or other hand.
 - AROM of elbow (flex, extend, supinate, pronate), wrist, and hand (putty)
- NO ACTIVE ABDUCTION OR EXTERNAL ROTATION during first 6 weeks.
- Patient should wear sling during day; sling and swathe at night to sleep.

Phase II – Recovery of Range of Motion (3 to 6 weeks)

- Goals
 - Improve range of motion
 - Gentle strength
- Exercise: (Isometrics should be sub maximal, sub painful contractions)
 - Isometric ER with elbow at side and forearm on stomach
 - Isometric abduction with elbow at side
 - Isometric biceps flexion o Increase AAROM flexion with pulleys to 140°
 - Begin adduction stretching, with arm pulled across body
- Discontinue sling use.

Phase III – Advanced ROM (6 to 9 weeks)

- Goals
 - Improve range of motion
 - Continue gentle strength
- Exercise:
 - AAROM ER with elbow at side to 40°
 - AAROM abduction to 90°
 - IR stretching (towel behind back, slide cane up back, etc.)
 - Increase flexion with pulleys to equal other shoulder

Phase IV – Strength (9 to 16 weeks)

- Goals
 - Approaching full range of motion
 - Clinic and home based strength program
- Exercise:
 - Rotator cuff strength. Progress as tolerated and as strength improves
 - Upper Body Ergometer (UBE)
 - Total Gym
 - Lat pulls
 - Seated Rows
 - Plyoball rebounder
 - Incline pushups
 - Chair dips
 - Increase active abduction to equal other shoulder
 - Work on any focal deficits

Discharge (16+ weeks)

- Goals
 - Full active range of motion without pain
- Exercise:
 - Full, unrestricted activity
 - Regular shoulder and rotator cuff strength as maintenance program



Jason K. Lowry, MD