

BANKART REPAIR - ARTHROSCOPIC

Phase I: 0-6 weeks	Phase II: 6-12 weeks	Phase III: 12 weeks+
Sling: ABD pillow 24 hrs day for 3- 4 wks. D/C per MD	Sling: Not applicable	Sling: Not applicable
PROM: ER: 0-20 in scaption for 5 wks, increase to 40 by 6 wks. Flexion 0-90. Scaption 0-90. No Abduction. No terminal stretching	PROM: Goal: Full ROM by 10-12 wks. Flexion / Scaption / Abd progressively increase. Initiate gentle 90/90 ER at 6 wks with gradual progression to 90 deg by 12 wks.	PROM: Full with no restrictions
AAROM: see PROM	AAROM: see PROM	AAROM: Full with no restrictions
AROM: Initiate at 4-6 wks in scapular plane. Avoid extension and ER beyond neutral	AROM: Full by 10-12 wks	AROM: Full with no restrictions
Modalities: Cryotherapy 3x/day IFC if c/o pain NMES	Modalities: Cryotherapy 3x/day IFC if c/o pain, NMES Biofeedback inhibition if compensatory shoulder shrug	Modalities: Cryotherapy NMES if specific muscle weakness
<p>RX: Recommendations: No AROM for 4 wks. Avoid excessive ER and ext. No overhead motions.</p> <p>Active warm-up: Codmans, UBE at 4 wks</p> <p>Mobilizations / ROM: Physiologic mobilizations Accessory movements PROM / AAROM see above AROM - see above Elbow / Wrist AROM</p> <p>Therapeutic exercises: Wrist/Hand exercises Submax pain-free isometrics shld flexion, Abd, ext 4-6 wks Submax IR/ER M<I in neutral to full IR Sidelying ER to neutral 5 wks Submax rhythmic stabilizations IR/ER in neutral</p>	<p>RX: Recommendations: Sapega-McClure technique: 1. Active warm-up: UBE, Rower 2. Heat in stretch (1st TERT) TERT=Total End Range Time 3. Mobilizations / ROM: Physiologic mobilizations Accessory movements PROM / AAROM / AROM 4. Therapeutic exercises: Scapulo-thoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER in scaption Sidelying ER Total arm strengthening Biceps curls / Triceps ext Rhythmic stabilizations OKC/CKC Perturbation training 8 wks Isokinetic IR/ER in 30/30/30 Prone ER with hor abduction Lower trapezius exercises 10 wks Isotonic IR/ER in 90/90 PNF patterns 11 wks Isokinetic IR/ER in 90/90 5. Ice in stretch (2nd TERT) 6. HEP for 3rd TERT</p>	<p>RX: Recommendations: Sapega-McClure technique if needed (see previous) Scapulo-thoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER Isokinetic IR/ER Prone strengthening exercises Lower trapezius exercises Total arm strength PNF patterns CKC exercises Rhythmic stabilizations OKC/CKC Perturbation training Plyometric exercises Sport-specific exercises if strength scores 75% or > and/or ER/IR ratio 2/3</p> <p>Testing: 20-24 wks Isokinetic IR/ER Test (30/30/30 or 90/90 if overhead athlete/laborer)</p> <p>Return to Work/Sport No Pain + Full ROM Isokinetic Test –90 Functional Testing – 90% MD approval 20-24 weeks Return to interval throwing program</p>