

ARTHROSCOPIC BANKART REPAIR REHABILITATION PROGRAM

PHASE 1 (0-3 WEEKS)

- ✓ Use of Abduction pillow in 30-45° abduction 24x7
- ✓ Use of Ice pack for pain management
- ✓ Passive Forward Elevation of less than 90° and External Rotation of less than 20° in scapular plane
- ✓ Initiation of pendulum exercises
- ✓ No Active movement to be done
- ✓ Avoid Abduction + External Rotation in combination for 6 weeks

PHASE 2 (4-6 WEEKS)

- ✓ Gently increase the passive ROM of Forward flexion from 90° to less than 135° in scapular plane
- ✓ Gently increase the passive ROM of External Rotation from 20-45° in scapular plane
- ✓ Gradually initiate active assisted Forward Flexion of less than 115° in supine lying or standing
- ✓ Start External Rotation with Arm Adduction
- ✓ Arm can be abducted to less than 45° in sagittal plane with shoulder in slightly internal rotation
- ✓ Sling to be worn out gradually and should be completely discarded after end of 6 week

PHASE 3 (6-8 WEEKS)

- ✓ Gently increase the passive ROM of Forward flexion to around 155° in scapular plane
- ✓ Gently increase the passive ROM of External Rotation from 45-60° in scapular plane
- ✓ AAROM exercises with help of pulleys
- ✓ Start with side lying External Rotation and progress to standing External Rotation

PHASE 4 (8-12 WEEKS)

- ✓ Full PROM exercises
- ✓ Full AAROM exercises
- ✓ Gradually begin External Rotation with 45° of Abduction and slowly progressing to External Rotation with 90° of Abduction

PHASE 5 (12-16 WEEKS)

- ✓ Initiate External and Internal Rotation with Thera-band in sitting or standing with 0° Arm abduction then gradually progress to 45° of Abduction, then to 60° and finally 90° of Arm abduction at end of 16 weeks
- ✓ Encourage Biceps and Triceps strengthening
- ✓ Initiate Shoulder Elevation in Scapular plane with help of Thera-band
- ✓ Begin closed chain Proprioceptive exercises

PHASE 6 (4-6 MONTHS)

- ✓ Thrower Tens Program
- ✓ Return to sports
- ✓ Enhance functional activities of Both upper extremities



Bankart
Lesion