

Comprehensive Orthopaedics, S.C.

Bankart Repair

Dr. Jonathan Main, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-3 weeks	<p>*If subscapularis insertion is taken down active IR is restricted until 4 wks * Avoid provocative maneuvers that re-create position of instability (Abduction-external rotation)</p> <p>PROM/AAROM (to tolerance)</p> <ul style="list-style-type: none"> Flexion to 100° Scaption to 90° ER to 20° (in 30° abd) IR to abdomen <p>AROM</p> <ul style="list-style-type: none"> Full elbow (no biceps involvement), forearm, wrist and hand motion without resistance 	<ul style="list-style-type: none"> Submax Isometrics Only <ul style="list-style-type: none"> Flexion ER Abduction Rhythmic stabilization Forearm, wrist and hand strengthening Elbow strengthening 	<ul style="list-style-type: none"> Sling or immobilizer for all ADL's and sleeping 0-3 weeks (Physician's discretion)
3-6 weeks	<p>PROM → AAROM</p> <ul style="list-style-type: none"> Flexion to 130° Scaption to 120° ER to 45-60° (in 60° abd) IR to 75° 	<ul style="list-style-type: none"> Submax Isometrics IR Initiate Isotonic for scapular stabilization and ER to neutral. Dynamic stabilization exercises, and PNF Joint mobilizations, stretching 	<ul style="list-style-type: none"> Sling in public as needed Achieve 0/10 pain rating at rest Normal use of eating utensils
6-9 weeks	<p>AAROM→AROM</p> <ul style="list-style-type: none"> Flexion to 160° Scaption to 150° ER to 60-75° (in 90° abd) <p>AROM</p> <ul style="list-style-type: none"> Standing scaption to 130° (non-compensated) 	<ul style="list-style-type: none"> Add IR isotonic Progress PNF, rhythmic stabilization, and CKC for scapula and RC through available ROM Build endurance (3 x 15) for standing AROM Isotonic strengthening for entire shoulder complex AVOID aggressive ER and extension 	<ul style="list-style-type: none"> Non-weighted below shoulder height ADL's. Normal grooming, bathing and dressing
9-12 weeks	<p>AROM</p> <ul style="list-style-type: none"> Achieve symmetrical scaption and flexion Achieve 90% of opposite side ER Overhead athletes, progress ER pat 90° Non-overhead athletes, maintain ER to 90° 	<ul style="list-style-type: none"> Advance isotonic strengthening to above shoulder height Advance PREs for scapular and rotator cuff Isokinetic training 	<ul style="list-style-type: none"> Initiate: <ul style="list-style-type: none"> Weighted below shoulder height ADL's. Begin non-weighted overhead ADL's. Achieve 0/10 pain rating with routine ADL's Normal sleeping (affected side) and behind the back ADL's.
3-4 months	<ul style="list-style-type: none"> Maintain AROM Achieve 100% ER 	<p>Initiate:</p> <ul style="list-style-type: none"> Plyometric training Lt. isotonic machine wt. lifting. 	<ul style="list-style-type: none"> Initiate: Low volume sports skills Low volume work skills.
4-6 months	<ul style="list-style-type: none"> Continue self stretching 	<ul style="list-style-type: none"> Assess functional skills & isokinetic strength Set up sports specific or work related training program 	<ul style="list-style-type: none"> Initiate throwing program at 4-5 months (Physicians approval) Return to non-contact sports at 4-5 months Return to full sports after 6 months



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