



ANDREAS SAUERBREY, M.D.

Bankart Procedure

Phase I: 0-4 weeks – 4-6 x/day:

Goals:

1. Patient education
2. Permit capsule-ligamentous-labral healing
3. Control pain and inflammation
4. Initiate range of motion exercises

Treatment:

POD # 1:

1. Educate patient on precautions
2. Pendulum exercises
3. Elbow AROM, hand squeeze exercises
4. Ice (instruct patient on use of ice at home)

Week 1-4

1. Continue with pendulum exercises
2. Phase I stretching
 - Forward elevation
 - External rotation at 45°

Phase II: 4-6 weeks:

Goals:

1. Decreased pain and inflammation
2. Normal athrokinematics of glenohumeral and scapulothoracic joint
3. Improved strength

Treatment:

1. Continue with above treatment
2. Phase II stretching (extension, IR, cross body adduction)

3. Manual resistance for glenohumeral and scapulothoracic stabilization
4. Phase I strengthening (at 6 weeks) – (ER, IR, extension)
5. Add shoulder shrugs and scapular retraction
6. Bodyblade in non-provocative positions

Phase III: 6-12 weeks:

Goals:

1. Increase strength of rotator cuff and deltoid
2. Increase strength of scapular muscles
3. Increase total arm strength (biceps, triceps, forearms, etc.)
4. Initiate strengthening in provocative positions

Treatment:

1. Continue with above (decrease frequency of stretching exercises)
2. Add Phase II strengthening when at green for Phase I strengthening (abduction, forward elevation, ER @ 45° in POS)
 - Progress strengthening to more provocative positions
3. Variable resistance and/or free weight resistance
4. Bodyblade in functional positions
5. Plyoball progression (begin with chest pass)

Phase IV: 12-16 weeks:

Goals:

1. Initiate return to sport or occupational activity*

Treatment:

1. Bodyblade in overhead positions
2. Plyoball throwing
3. Work/sport specific activities*

* Applies to athlete or laborer