

Arthroscopic Bankart Repair – Rehabilitation Guidelines

Derek Plausinis, MASC, MD, FRCS(C)

0 to 2 Weeks Post-op

- Sling when up and for sleep. During daytime when seated, loosen neck strap on sling and rest arm on lap, armchair, table etc.
- Start *passive* shoulder range of motion (keep the shoulder muscles quiet and let the good arm move the repaired shoulder):
 - Forward elevation: 90°
 - Internal rotation: to chest wall
 - External rotation: not beyond 0° (forearm pointing directly forward)
- Gentle isometric exercises
- Active range of motion for elbow, wrist and hand

2 to 4 Weeks Post-op

- Passive and active-assisted shoulder range of motion (you may now use partial muscle function in the repaired shoulder with motion exercises)
 - Forward elevation: 120° maximum
 - External rotation: not beyond 10°

4 to 6 Weeks Post-op

- Wean from and discontinue sling. Begin using arm for light waist level activities (below shoulder height).
- Passive and active-assisted shoulder range of motion
 - Forward elevation: as tolerated, no restriction
 - External rotation: not beyond 30°
 - Avoid extreme abduction and external rotation (avoid the overhead throwing position)

6 Weeks to 3 months Post-op

- Use arm for all light activities as able, including reaching. Become fully two-handed for all light, unresisted activities.
- Start physiotherapy:
 - Progress range of motion, no restrictions
 - Gentle progressive strengthening program

3 to 6 months Post-op

- May use arm for resisted/physical activity below shoulder height
- start first with physical activities keeping elbows at side
- After 4 months, may do some restricted sports activity, e.g.:
 - Half golf swing
 - Light swimming

After 6 months Post-op

- No restrictions. Gradually return to all activities as pain and comfort permit