

## REHAB PROTOCOL FOR ARTHROSCOPIC BANKART REPAIR

TIME POST OP	REHAB GUIDELINES	GOALS / ADVICE
<b>Day 1</b>	<p>Check op note for any restrictions on external rotation.</p> <p>Elbow, wrist and hand exercises</p> <p>Instruction for sling, washing/dressing</p> <p>Isometric rotator cuff exercises</p>	Understands exercises and restrictions
<b>2-3 Weeks</b>	<p><b>Check ROM.</b></p> <p>Check analgesia management</p> <p>Start active abduction / flexion</p> <p>Avoid passive stretch of external rotation beyond per-op range</p> <p>Scapular stabilisation exercises – movement pattern correction</p> <p>Isometric rotator cuff</p>	<p><b>Sling – 3 weeks</b></p> <p><b>Restrict external rotation to 40 degrees for six weeks.</b></p> <p>No combined external rotation/abduction</p> <p>Driving: 6- 8 weeks if comfortable and safe</p> <p>Work:</p> <p>Sedentary – 1-2 weeks if comfortable</p> <p>Light Manual – 6-8 weeks</p> <p>Heavy – 12 weeks / discuss</p> <p>Contact sports – 6 months</p>
<b>3 - 6 weeks</b>	<p>Check movement pattern</p> <p>Increase active flexion/abduction ROM</p> <p>(Avoid combined ER/Abd)</p>	
<b>6 + weeks</b>	<p>Start active ER</p> <p>Aim for full available ROM</p> <p>Lateral rotation is usually tight</p> <p>Progression of rotator cuff strengthening through range</p> <p>Progress scapular control if required</p>	<p>Good scapulohumeral rhythm</p> <p><b>There could be termination limitation of RoM (permanently) if remplissage was performed along with Bankart repair.</b></p>

### ABOUT MR GEORGE-MALAL

Mr Joby George-Malal is an experienced Consultant Orthopaedic Surgeon with special interest, training and expertise in upper limb (shoulder/ elbow/ hand) problems.

### CLINICS

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<b>12 weeks</b>	Sports specific rehab, full exercise programme Closed chain rehab – press-ups etc	
<b>Complications</b>	Infection – rare Post surgical stiffness Persisting instability	Check Scapular control if persisting instability
<b>Final goals</b>	Regained full available ROM by 6 weeks No instability symptoms / apprehension by 3 months Return to work/sports training Good functional ROM	<u>Outcome measure</u> – Oxford Shoulder Instability Score.

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