

ROBERT C. GRUMET, MD

BANKART REPAIR PROTOCOL

Name _____ Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-4:

- AROM only, No PROM.
- After 10 days postoperatively, can begin active ER in 45° ABD max
- No cross-body adduction until 6-8 weeks post-op
- ROM goals: 140° FF/40° ER at side
- Isometric strengthening by side (ABD/IR/ER)
- Sling for 4 weeks during day and especially at night
- Heat before/ice after PT sessions

_____ Weeks 4-8:

- D/C sling totally if not done previously
- Increase AROM in all directions to opposite side minus 20°
- Strengthening (isometrics/light bands) within AROM limitations (140° FF/40° ER at side)
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- Physical modalities per PT discretion

_____ Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- No overhead throwing until 6-12 months post-op
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics, proprioception, body blade, and closed chain exercises at 12 weeks.

Comments:

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities

_____ Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis _____ TENS _____ Heat before/after

_____ Ice before/after _____ Trigger points massage _____ Other _____ Therapist's discretion

Signature _____ Date _____

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