



# UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

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## BANKART REPAIR PHYSICAL THERAPY

### Philosophy

This protocol is to be utilized as a guideline. There will always be individual differences amongst patients regarding progression and tolerance of specific activities. Progression through the protocol will depend on successful accomplishments of set milestones as assessed by the physician and the physical therapist/athletic trainer.

The physical therapist and patient must constantly be aware of changes in condition, including but not limited to signs and symptoms of joint irritation/pain, tendonitis, and effusion. The patient's home exercise program is of utmost importance and should be monitored and emphasized.

Rehabilitation should create the optimal environment for the natural process of healing to occur. Initially, there should be a strong emphasis on minimizing swelling and pain as well as motion restoration. If a patient's progress is significantly delayed, please contact the physician office to keep them informed.

If you have any questions regarding this protocol, please contact the UGH Orthopedics and Sports Medicine Department at (706) 439-6858.

**CAUTION:** Return to intense activities such as lifting and sports early post-operatively may increase the overall chance of setbacks like reinjury and symptoms of pain, swelling, or instability should be closely monitored and reported by the patient.



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## **Phase I (0-8 weeks)- Protective**

### **Goals**

1. Protect repair; educate patient regarding post-operative precautions
2. Begin limited PROM progressing to full at end of phase
3. Independent with home exercises
4. Decrease pain and inflammatory response

### **Precautions**

1. **Wear sling at all times for 4 weeks except during elbow ROM**
2. **No shoulder ROM for 4 weeks, then gradual return to full ROM (*no ER stretching unless directed by physician*)**
3. **No Codman's**

### **Exercises:**

#### **Weeks 0-4**

1. Initiate cervical spine, elbow, wrist, and hand AROM
2. Shoulder retraction activation including manual scapula strengthening and isolated scapula strengthening.
3. Modalities as needed for pain control as needed

#### **Weeks 4-8**

1. PROM for flexion and abduction in scapular plane, and IR as tolerated. *No passive ER stretching.*
2. Initiate AAROM with t-bar, table slides, Swiss ball, pulleys, etc
3. Initiate AROM gradually, without restrictions
4. Light PNF techniques & kinesthetic awareness drills
5. Initiate scapular stabilization activities both open and close chain
6. Trunk stabilization activities



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## Phase II (8-12 weeks)- Progressive strengthening

### Goals

1. Eliminate shoulder pain
2. Achieve full ROM
3. Improve strength and proprioception
4. Assure normal scapulohumeral rhythm

**Precautions: No resisted strengthening until 8 weeks post op. Start with exercise bands- no free weights for 12 weeks. Emphasize high reps/low resistance.**

### Exercises:

#### Weeks 8-12

1. Full ROM (if not achieved, then aggressive PROM for elevation and IR; ER as directed by physician). If full motion, then stretch PRN to maintain mobility
2. Initiate exercise band strengthening
3. Initiate light dynamic stabilization/plyometric activities
4. Gradually integrate functional patterns, increase speed of movements, increase endurance



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## Phase III (12-24 weeks)- Functional return

### **Goals**

1. Pain free return to full activities with normal shoulder girdle strength
2. Continue strengthening with increased weights, endurance and speed. May begin adding free weights to program as indicated.
3. Late in phase (as indicated): weight room with elbow not past posterior plane of GH joint
4. Progress plyometric program light to heavy
5. Possible return to most sports activities after 4 months as directed or approved by physician

### **Exercises:**

1. Continue strengthening scapula/shoulder/trunk
2. Simulate sports specific activities: tennis, golf, baseball as appropriate
3. Initiate interval throwing program 3-4 weeks after completing plyometric program