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Bankart Repair Rehabilitation

I. Week 1

- Wear sling day and night
- Post-op PT appointment at 2nd post-op day
- Cervical stretches
- Active elbow flexion and wrist/hand ROM
- Begin grip and wrist strengthening exercises
- Cryotherapy (GAME READY) and Electrical stimulation for edema and pain control pm
- Pendulums and continue with HEP

II. 3 Weeks from Surgery

- Resume physical therapy sessions 1-3 x/week
- Isometric shoulder pinches/retraction
- Focus PROM and AAROM to 90 degrees for flexion and ER at neutral to 30 degrees, abduction to 60 degrees
- Pulleys for AAROM abduction, scaption and flexion – pain free range (issue pulleys for HEP pm)
- Seated unilateral scapular retraction in gravity eliminated position (i.e. arm resting on table)
- Bicep/Triceps isometric strengthening – multi-angle
- Sidelying scapular mobilizations

III. 4 Weeks from Surgery

- Neutral shoulder isometrics 6 directions
- Supine wand exercises – flexion to 90 degrees, ER at 0 degrees of abduction to 30 degrees, abduction to 60 degrees
- Discontinue sling use at home and sleeping but continue wear public places
- Sidelying scapular PNF (anterior elevation/posterior depression & posterior elevation /anterior depression)
- AAROM with wall walking flexion and abduction
- Progress passive flexion to 120

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IV. 6 Weeks from Surgery

- Discontinue sling use
- Progress to full PROM and AAROM in all planes
- Wall alphabet with ball
- Active shoulder depressions with body weight
- UE gentle PNF (D1 and D2) AAROM with therapist
- Standing UE weight shifting
- Manual rhythmic stabilization at various angles
- Theraband Rows
- Biceps and triceps resistive strengthening
- Initiate AROM (flexion, scaption, ER 0 degrees of abduction)

V. 7 Weeks from Surgery

- Progress AROM
- Rotator cuff exercises at 0 degrees of abduction
- Quadruped stabilization
- Supine punches
- Refine shoulder mechanics

VI. 8 Weeks from Surgery

- Initiate UBE
- Full PROM
- Wall push ups
- Theraband exercises out of neutral
- UE PNF patterns
- Work on eccentric control of RTC muscles
- Light functional activities
- Chest press to neutral

VII. 10 Weeks from Surgery

- Shoulder extension exercises

VII. Weeks 12-20

- Include plyometric exercises (i.e. chest pass, overhead pass)
- Progress resistive exercises and shoulder intensive exercises
- Progress functional and sport specific activities