

Rehab protocol – arthroscopic Bankart repair

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



12 weeks	Sports specific rehab, full exercise programme Closed chain rehab – press-ups etc	
Complications	Infection – rare Post surgical stiffness Persisting instability	Check Scapular control if persisting instability
Final goals	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.

