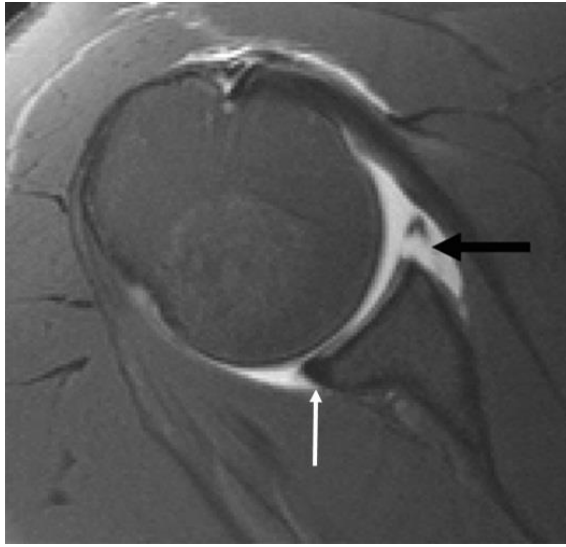


## POSTOPERATIVE PROTOCOL FOR BANKART REPAIR



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## AIMS OF PHYSIOTHERAPY

- Increase gleno-humeral and scapula stability
- Posture training
- Achieve full range of movement
- Strengthen rotator cuff
- Improve scapula control and postural awareness
- Restoring proprioception with closed chain exercises
- Do not push for external rotation.

### EARLY STAGE: Weeks 1-3

<b>Aims</b>	<b>Treatment Guidelines</b>
<b>Minimise pain &amp; swelling</b>	<ul style="list-style-type: none"><li>• Analgesia - usually codeine and Paracetamol should suffice</li><li>• Ice if needed</li></ul>
<b>Protection of Repair</b>	<ul style="list-style-type: none"><li>• Polysling / Arm pouch</li></ul>
<b>Maintain ROM other joints</b>	<ul style="list-style-type: none"><li>• Shoulder girdle, elbow, wrist and hand exercises</li><li>• Initiate scapula setting</li><li>• Postural awareness</li><li>• pendular exercises</li></ul>
<b>Function</b>	<ul style="list-style-type: none"><li>• Teach axillary hygiene</li></ul>
<b>Other</b>	<ul style="list-style-type: none"><li>• Remove stitches at 2 weeks</li></ul>

### MIDDLE STAGE: Weeks 3-6

<b>Aims</b>	<b>Treatment Guidelines</b>
<b>Minimise pain &amp; swelling</b>	<ul style="list-style-type: none"><li>• Analgesia</li><li>• Ice</li></ul>
<b>Protection of Repair</b>	<ul style="list-style-type: none"><li>• Sling removed</li></ul>
<b>Increase ROM</b>	<ul style="list-style-type: none"><li>• Increase ROM as tolerated. Avoid ABER</li></ul>

## LATE STAGE: 6 weeks onwards

<b>Aims</b>	<b>Treatment Guidelines</b>
<b>Increase ROM</b>	<ul style="list-style-type: none"><li>• Gradually increase range of movement</li><li>• Hydrotherapy</li></ul>
<b>Increase muscle control</b>	<ul style="list-style-type: none"><li>• Functional Gleno-humeral and scapula stability exercises</li><li>• Rotator cuff strengthening</li></ul>
<b>Proprioception &amp; core stability</b>	<ul style="list-style-type: none"><li>• Core stability and proprioceptive exercises</li><li>• Open and closed chain exercises</li></ul>

## Return to Functional Activities

Following timelines are the earliest for these activities to be commenced. Of course, the times are approximate and will vary with individuals.

- **Using computer** 3 weeks
- **Driving** 6-8 weeks
- **Swimming** Breaststroke – 10 - 12 weeks  
Freestyle - 4-6 months
- **Contact sports** 6 months onwards
- **Return to work** Dependent upon the patient's occupation. Patient's in sedentary jobs may return at 4 weeks.