

Bankart shoulder reconstruction

Initial 5 days (pre-physical therapy)

- Surgeon instructed pendulum exercises
- use of sling
- ice and analgesia

Week 0-3

- GOALS:**
- passive forward flexion to 100°
 - external rotation to neutral
 - full understanding and compliance with home exercise program
 - discontinue sling after 2 weeks

On site program:

- passive ROM (gentle and gradual - increase to tolerance)
- continue pendulums exercises (prone position)
- forward flexion in supine position
- external rotation
- abduction to 60°
- posterior capsule stretching
- pulley (flexion only)
- AAROM - gentle forward flexion only

Teach home program:

- use of pulley
- prone pendulum exercises

- PRECAUTIONS:**
- No external rotation past neutral
 - No resistance exercises

Week 3-4

- GOALS:**
- passive forward flexion to 145°
 - active forward flexion to 100°
 - external rotation to 15°
 - restore synchronous shoulder motion

On site program:

passive ROM (all directions)
AAROM
 forward flexion
 external rotation
 abduction

Teach home program:

use pulley with AAROM

- PRECAUTIONS:**
- no resistance exercises
 - contact physician if goals not achieved by 4 weeks

Week 5-8

- GOALS:**
- full active ROM
 - improve strength
 - synchronous motion - no hitches
 - begin strengthening

On site program:

Active ROM - all directions
Strengthening
 begin use of tubing
 begin isotonic exercises (low weights)

Teach home program:

use of tubing
continue stretching

- PRECAUTIONS:**
- exercises to be performed pain-free only

Week 9-12

- GOALS:**
- full active motion
 - restore strength to shoulder and scapular stabilizers
 - synchronous shoulder motion
 - improve endurance

On site program:

progressive strengthening exercises
begin isokinetics

Home program:

manual strengthening
tubing

After 12 weeks

- GOALS:**
- restore normal strength
 - restore normal kinematics
 - sport specific rehab

On site program:

begin eccentric strengthening
plyometrics
endurance training

MODALITIES TO USE

- ELECTRICAL STIMULATION
- ICE (AFTER SESSION)
- ULTRASOUND AS NEEDED

SPECIAL INSTRUCTIONS: