

Bankart Lesion Repair Rehabilitation Programme

Key messages

- Restricted External Rotation for 6 weeks
- External rotation may be permanently limited at end of range, if capsular reefing also performed
- Ensure full available range returned
- Encourage correct quality of movement pattern
- If above 30 years of age, monitor for frozen shoulder
- Check Op note to exclude **Posterior Bankart**.

Time	Rehab	Goals / aims
Pre-op	Scapular stabilisation exercises Transvers abdominals/Postural advice	
Theatre	May be done with small open excision if unable to access via arthroscopy - Will not change rehab May also add capsular reefing	
Day 1 Day Case Surgery	<ul style="list-style-type: none"> - Check specific post-op instructions: - Sling: 4 - 6 weeks - Active assisted Flexion, Abduction to 90° - depending on post-op instructions, and External rotation - Instructions for sling, washing/dressing - Elbow, wrist and hand exercises - Advice on posture & scapular control <p>**External rotation to 20° -30* only** for 6 weeks **Avoid combined ER/Abduction</p>	<p>Advice:</p> <ul style="list-style-type: none"> - Driving – after 8 weeks if comfortable and safe & Only if patient can perform emergency manoeuvres safely - Work: Sedentary: 1-2 weeks if comfortable - Heavy: 3-4/12 – discuss with consultant - Contact sports – 6/12
OP physio 1 - 2 weeks	<ul style="list-style-type: none"> - Check ROM - Check analgesia management & wound healing - Active assisted Flexion, Abduction up to 90° - depending on post-op instructions, and External rotation - Scapular stabilisation exercises – movement pattern correction - Isometric rotator cuff - Partially loaded proprioceptive exercises: (eg. Prayer kneeling/ forearms on table) <p>Oxford Score- instability</p>	
3 - 6 weeks	<ul style="list-style-type: none"> - Check movement pattern - Start active flexion/abduction ROM - Avoid combined ER/Abd - Fully loaded Proprioceptive exercises: static (eg 4 point kneeling) as patient tolerates. 	Discard Sling (as detailed in op note)
6 weeks plus	<ul style="list-style-type: none"> - Start active ER - Through range AROM exercises - Rotator cuff strengthening through range - Progress scapular control if required - Start gym rehab - if appropriate 	Good scapulo-humeral rhythm Full functional ROM
12 weeks Consultant OP appointment	<ul style="list-style-type: none"> - Resistance work/ Open chain rehab: strengthening exercises through range - free weights, theraband (amend depending on pain levels) - Sports specific rehab (if indicated) - Plyometric exercises(eg. bounce ball against wall) 	
Complications	Failure – recurrent detachment	
Final goals	Return to work/sports training Good functional ROM	<u>Outcome measure</u> Oxford Score- instability