

PROTOCOL FOR ARTHROSCOPIC ANTERIOR STABILISATION (BANKART REPAIR)

This procedure is performed on patients with recurrent anterior dislocation of the glenohumeral joint. It is used to re-attach the antero-inferior labrum to the glenoid.

AIMS FOR THE PROTECTIVE PHASE

- Protect the repair.
- Prevent the negative effects of immobilisation.
- Diminish pain and inflammation.
- Promote a good posture.

Inpatient

- Sling is applied in theatre and worn for 4 weeks.
- Instruction to be given for correct removal of the sling for washing and dressing.
- Elbow, wrist and hand exercises.
- Submaximum isometric rotator cuff exercises (<30% of maximum voluntary contraction).
- **Lateral rotation limited to neutral.**
- Scapular setting and posture correction.

Out-patient - 4-6 weeks

- Commence active-assisted mobilisation exercises progressing to active exercises when able.
- **Avoid passive external rotation beyond 30 degrees.**
- **No combined abduction/external rotation stretches.**
- Progress isometric exercises through range.
- Commence a scapular stabilisation programme if necessary with kinetic chain/core control exercises.
- Commence closed chain rotator cuff rehabilitation and proprioception exercises.

AIMS FOR THE INTERMEDIATE PHASE

- Restore full ROM.
- Continue to protect the repair.
- Restore dynamic stability of the shoulder complex.
- Proprioception.

6-8 weeks

- Continue active mobilisation exercises.
- **Restrict lateral rotation to 45 degrees.**
- Correct abnormal movement pattern.
- Check posterior capsule extensibility.
- Increase rotator cuff rehabilitation. Closed chain → open chain.
- Commence combined external rotation with abduction.
- Restore muscle balance and dynamic stability throughout ROM.
- Continue proprioception exercises.

AIMS FOR THE ADVANCED PHASE

- Ensure full active ROM into combined positions.
- Enhance power, strength and endurance.
- Function specific end range stability.

8+ weeks

- Capsular stretches to full lateral rotation.
- Check scapular control throughout ROM.
- Glenohumeral stabilisation exercises throughout ROM – swiss ball, PNF, theraband.

12 weeks

- Return to full activity.

6 months

- No contact sports until 6-12 months.

References

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