

# PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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## BANKARTS REPAIR REHABILITATION PROTOCOL

### 0 - 4 WEEKS

*Protection:* Sling to be used at all times (sleeping, walking). Can only be removed for elbow movements & bathing.

*Dressings:* sutures removed 10<sup>th</sup> post-op day

*PROM:* Passive Forward flexion (20-30degrees) 2 - 3 times daily, 10 - 20 reps as tolerated.

*AROM:* Finger movements, wrist movements, elbow movements, shoulder shrugs & retraction every 3 - 4 hours as tolerated.

*Isometrics:* For **uninvolved** tendons as tolerated (submaximal) **GENTLE (from 15<sup>th</sup> day)**  
- Only Flexion / Extension elbow (biceps / triceps)  
5 counts hold, 10 repetitions, 3 times a day

From **3<sup>rd</sup> week (21<sup>st</sup> day)** Pendulum exercises:

- It should be passive
- Bend from the hip & torso supported by un operated arm on the table (as shown)
- Shoulder movements should be forward & back, side to side & rotations
- Start with small amplitude & progress as tolerated

10 repetitions each 3 times a day

### INSTRUCTIONS:

- **Keep your arm close to the body at all times**
- **Avoid activities where arm is taken away from the body**
- **Avoid abduction & external rotation**
- **For hygiene of the axilla, apply Udicolon / powder 2-3 times a day**
- **You can use your hand for typing & writing as tolerated**

## 5 - 6 WEEKS

**PROM:** begin passive external Rotation up to 15 degrees

Active assisted forward flexion **as tolerated and increase the range.**

- Use the unoperated arm for forward flexion
- Start "Stick Exercises" for flexion of shoulder (**Avoid abduction & external rotation beyond 45 degrees**)

Theraband: (Light Resistance 15repetition 3 sets)

- Rowing
- Biceps
- Triceps
- Forearm

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## 7 - 8 WEEKS

**PROM:** GENTLE passive motion as tolerated for ER / ABD  
Motion in most planes should be at least 50% of normal by end of 8 weeks

**ActiveROM:** Gradually introducing active range of motion exercises into flexion, extension, internal rotation.

### Thera band strengthening (light resistance 10-15 reps 3 sets) for

- *Internal Rotation*
- *Adduction*
- *Scapulae ( rowing )*
- *Extension*
- *Biceps / Triceps*
- *Scapular Stabilization program (SWISS BALL) CLOSED CHAIN EXCERCISE*
  1. *First with ball close to the body*
  2. *Later with shoulder 90 flexion*

## 8 - 12 WEEKS

**PROM:** By end of 12 weeks 75% ROM (including ER & ABD)

**AROM:** Include ER strengthening in above Theraband Program  
Progress the resistance in Theraband program if painless

FULL ROM may take up to 6months to come.