

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 10th 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 15th day)**
- Only Flexion / Extension elbow (biceps / triceps)
5 counts hold, 10 repetitions, 3 times a day

From **3rd week (21st 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.