

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Arthroscopic Posterior Bankart Repair

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Formal PT AND three times daily (TID) home exercise program (HEP)
 - Passive ER 0-30 supine wand with elbow at the side
 - Passive FF 0-140 (OK to table slides, pulleys, upright wand exercises)
 - Periscapular and infraspinatus isometrics
- Core strengthening
- No lifting greater than a coffee cup

Phase 2: Week 6-12

- Wean out of sling (maintain for one more week in public)
- PROM 4-quadrant stretches, unrestricted
 - Phase I and II stretches
 - Pulleys, table slides, upright wand exercises in all planes
- Periscapular strengthening, isometrics, stabilization and proprioception
- Phase I cuff strengthening
- Light biceps and triceps strengthening
- No lifting > 5 lbs
 - No pushing or bike riding until 12 weeks post op

Phase 3: Week 12-16

- Once ROM is full, begin phase II Cuff and total arm strengthening
- No pushups until 3-4 month's post op

Phase 4: Week 16-18

- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

[More info: twincitiesshoulderandelbow.com/shoulderdislocation/](https://twincitiesshoulderandelbow.com/shoulderdislocation/)

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