



ORTHOPEDIC SURGERY

Philip A. Deffer, MD
Jason C. Hough, DO
John A. Leupold, MD
Christopher J. Rierson, DO
Seth W. Harrer, MD
Andrew G. Pick, DO

PODIATRY

Timothy D. Blankers, DPM
Jesse R. Wolfe, DPM

CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
Spencer, IA 51301
Phone: 712-262-7511
800-248-4049
Fax: 712-262-3658

1525 West 5th St., Pod C
Storm Lake, IA 50588
Phone: 712-213-8050
Fax: 712-213-8015

2301 HWY 71, Suite E
Spirit Lake, IA 51360
Phone: 712-336-8708
Fax: 712-336-8115

www.nwiabone.com

BANKART REPAIR REHAB PROTOCOL

Phase 1: Weeks 0-4

Range of Motion

- Flexion: 90-100 degrees (0-2 weeks) As tolerated after 2 weeks
- ER (in Neutral): 5-10 degrees (0-2 weeks) 30 degrees (2-6 Weeks)
- ER (in Scap. Plane): 20 degrees (0-2 weeks) 40 degrees (2-4 weeks)
- IR (in Scap. Plane): 45 degrees (0-2 weeks) 60 degrees (2-4 weeks)

Recommended Exercises

Passive/ Active ROM:

- Pendulums
- Scapular Retraction
- Shoulder shrugs
- Passive external rotation
- Passive flexion
- Passive internal rotation (at 2 weeks post- op)

Strengthening:

- Submaximal Isometric ER/IR
- Ball Squeeze

Precautions

- Sling 0-4 weeks or per Doctor instruction
- Limit ROM especially ER
- No excessive shoulder extension
- No active ER, Extension, Abduction

Phase 2: Weeks 4-8:

Range of Motion

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- Flexion: Progress as tolerated
- ER (in Neutral): 30 degrees (4-6 weeks) slowly progress after 6 weeks
- ER (in Scap. Plane): 45 degrees (4-6 weeks) 60 degrees (6-8 weeks)
- IR (in Scap. Plane): slowly progress after 4 weeks
- Abduction: limit to 90 degrees (0-6 weeks)

Recommended Exercises

Passive ROM:

- Continue PROM exercises

Active-Assisted ROM:

- Supine/ Standing flexion
- Crossbody adduction (6-8 weeks)

Active ROM against Gravity (6-8 weeks):

- Sidelying ER
- Standing scaption
- Prone row
- Prone extension
- Prone horizontal abduction
- Prone scaption

Strengthening (6-8 weeks):

- T-Band IR/ER (in 0 degrees abduction)
- Work from full IR to 0 degrees ER

Dynamic Progression (6-8 weeks):

- Gentle Rhythmic stabilization and proprioceptive drills

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Precautions

- No resisted Activity/ lifting
- Avoid repetitive motion overhead and in rotation away from body
- Must have good scapular control with active ROM and strengthening
- Never force ROM especially ER

Phase 3: Weeks 8-12

Range of Motion

- ER (in neutral) slowly progress to normal by 12 weeks
- ER (in scap. Plane) slowly progress to normal by 12 weeks
- ER/IR (in 90 degrees Abd) begin at 8 weeks and slowly progress to normal by 12 weeks

Recommended Exercises

Passive ROM:

- Continue as needed

Active Assisted/ Active ROM and stretching:

- Continue Phase 2 exercises
- Wall slides
- Sidelying IR (Sleeper)
- Progressive Abd angle with ER
- Supine/ standing Cross body

Strengthening (Dumbbell / T-Band):

- Row
- Prone extension
- Prone horizontal abduction
- Standing/ prone scaption
- Internal rotation
- External rotation

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- “W” (Row/ ER)
- Bicep curl

Dynamic Progressions:

- Rhythmic stabilization
- Proprioceptive drills

Precautions

- No heavy or repetitive overhead lifting/ reaching
- Limited return to gym lifting late in phase 3 per doctor discretion
- Dynamic progressions if pain free/ full ROM with all ROM and strengthening exercises
- Never force ROM especially ER

Phase 4: Weeks 12-24

Range of Motion

- Continue to work toward normal ROM in all planes

Recommended Exercises

Active Assisted/ Active/ Stretch:

- Continue Phase 3 as needed

Strengthening:

- Continue T-band and dumbbell
- Progressions from Phase 3
- Progress to diagonal patterns
- IR/ER at 90 degrees Abd
- May begin limited weight training

Dynamic Progressions:

- Pushup progression
- Continue proprioceptive drills

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- Plyometrics/ Rebounder
- Progress to overhead
- Rhythmic stabilization
- Manual resistance patterns

Precautions

- Progress gym lifting per doctor discretion
- Avoid activities that cause shoulder pain
- Begin progressive return to sports and physical activity program

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