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Bankart Repair/Capsular Shift Post Operative Protocol This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient. *** Please fax initial assessment and subsequent progress notes directly to MOSMI at 952-944-0460

***** Phase I: Immediate Post-operative to 4 weeks**

- Shoulder Immobilizer
 - To be used for six weeks post-op.
 - May be removed during the day after the first post-op check, and a sling would be used during the day during those periods and the immobilizer to be worn at night for up to six weeks post-op.
 - May be removed for showering after surgery.
- Patients frequently sleep better in a recliner or propped up in a semi-sitting position with pillows for 7-10 days following surgery.
- First post-op visit with Physician's Assistant at 10-14 days following surgery.
 - Wound Check and suture removal.
 - Begin passive pendulum exercises in the Neer plane at 10-14 days following surgery. No other exercises are to be done until the formal physical therapy program begins at 2 weeks post-op (The Neer plane is a plane in which no external rotation past 20 degrees is allowed or no shoulder extension. **** These will be demonstrated and instructed at first post-op appointment. ****)

Phase II: 4 weeks to 3 months (post-operative visit will occur around 3 months)

- Formal physical therapy begins at 2 weeks post-op and lasts for 6 weeks with addition visits at the 3 month mark.
 - Frequency of therapy is twice a week for four weeks (from 2-8 weeks).
 - 4-6 weeks: Passive range of motion (ROM) exercises plus active assisted ROM exercises.
- No external rotation of the shoulder past 20 degrees for 4 weeks post-op
- No shoulder extension for 4 weeks post-op.
 - 6weeks:
 - Active range of motion exercises and strengthening exercises at twelve weeks.
 - After formal physical therapy: Home exercises are then done for 6 months
 - Overall goal for ROM:
 - 45 degrees external rotation of the affected shoulder
 - No sooner than three months.

- Final goal is approximately 70 degrees of external rotation and not to be stretched past that.

Phase III: 3- 6 months

- Continue with the home exercise program
- Consider work hardening for demanding return-to-work situations. ○ Usually a QRC is involved in these situations.
- Permanent disability evaluations and restrictions of activities are established at 4 to 6 months post-op.