



## Arthroscopic Bankart Capsulolabral Repair

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Patients are discharged with a sling and swathe. The swathe can be removed after the 3<sup>rd</sup> post-operative day. Patients wear a sling for a total of 4 weeks after surgery. Active use of the extremity is not permitted during this period. Range of motion is not pushed as aggressively as it is after an open repair because these patients do not routinely develop stiffness.

After the dressing is removed you may shower quickly and gently pat your shoulder dry with a clean towel. When in the shower you are to wear a sling to protect your shoulder from injury. If there is any drainage or concern about the healing of the incisions do not shower and just gently clean the surface of the shoulder with rubbing alcohol.

### Week 0-6

- No range of motion for 1<sup>st</sup> week after surgery.
- During the 2<sup>nd</sup> week after surgery passive self-assisted supine forward elevation, supine external rotation, supine cross chest adduction, and standing internal rotation
- Range of Motion Goals
  - Week 0-2 – FE 90°, ER 0°, IR buttock
  - Week 3-4 – FE 120°, ER 20°, IR L3
  - Week 5-6 – FE 145°, ER 45°, IR T12
- Do not stretch beyond the listed goals of range of motion.
- Isometric deltoid (anterior, middle, posterior) start week 2-4.
- Scapular stabilization (rhomboid, trapezius, serratus anterior) start week 2-4.
- Begin light active use after sling discontinued at end of week 4

### Week 6-12

- If ROM goals easily met stop passive self-assisted stretching and gain motion with active ROM exercises.
- Active ROM - begin after 4 weeks
- Range of motion goal after 12 weeks is slight limitation of motion.
- Progress strengthening with isometric deltoid, internal rotation, external rotation, scapular stabilizers.
- Begin progressive isotonic resistance at 8-10 weeks post-op
- After Week 12 progressive resisted strengthening, closed chain, plyometric.