

Arthroscopic Bankhart Repair.

This Bankhart repair protocol is a criteria based and soft tissue healing dependent program which allows patients to progress to vocational and sports related activities as quickly and safely as possible. Individual variations will occur depending on the surgical details and patient response to treatment. Arthroscopic repairs need to be progressed slower than open repairs to prevent the most common complication of loss of fixation.

Phase 1 ; 0-6 weeks

- Sling 24 hours per day for 3-4 weeks. D/C as per MD.

PROM

- ER: 0-20 in plane of scapular, increase to 40 by 6 weeks.
- Flexion 0-90 no terminal stretching and no abduction for 6 weeks

AAROM

- See PROM

AROM

- Initiates at 4-6 weeks in scapular plane. Avoid extension and ER beyond neutral

Modalities

- Cryotherapy 3 times per day

Recommendations

- No AROM 4 weeks
- Avoid ER and excessive extension
- No overhead motions
- Elbow /wrist: AROM as tolerated

Phase 2; 6-12 weeks

- Sling N/A



PROM

- Full ROM 10-12 weeks realistic goal. Initiate gentle 90/90 ER.

AROM

- Full by 10-12 weeks

Phase 3; 12+ weeks

- AROM , no restrictions