



REHABILITATION PROTOCOL: BANKART REPAIR – CAPSULAR SHIFT

DR. KEVIN SHEPET

WEEK 0-3

- Patient is placed in a sling immediately postop
- Pendulums, ROM elbow, wrist and hand PROM: scapular plane elevation to 90°
- ER to neutral
- Scapula AROM: elevation and retraction
- Active elbow flexion / extension strengthening exercises (begin with isometrics).
- May squeeze a soft ball

WEEK 3-4

- PROM: scapular plane elevation to 140°; ER to 30°; IR AAROM
- Pulleys
- Scaption isometrics @ 30° (against gravity)

WEEK 4-6

- PROM: scapular plane elevation to 165°; ER to 40°
- AROM: scaption- supine @ 4wks, standing @ 5wks Sidelying
- ER Bodyblade: scaption @ 0°, ER/IR - * not aggressive*
- Dynamic weight bearing on ball (bilateral)

WEEK 6-8

- PROM: scapular plane elevation to full; ER to 60°
- ER/IR with resistive tubing
- ER/IR standing with weight resisted scaption
- Upper Body rows
- PNF D2 diagonal – AROM to light resistance

WEEK 8-10

- PROM: to tolerance including cocking (ER @ 90° ABD)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weight bearing on ball (unilateral)
- Add a lower body conditioning program

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- If there is full ROM, normal joint mechanics, and pain free movement, begin Shadow Mechanics to simulate the throwing motion.
- NOTE: Shadow Mechanics - simulating the mechanics of the throwing motion without actually throwing an object. A towel or long, slightly weighted sock may be used to provide slight resistance for the arm. The goal of this exercise is to correct any mechanical deficiencies (such as being late, dropping the elbow, and opening up too soon) before actually attempting to throw a baseball.

WEEK 10+

- Rebounder cocking and backhand toss
- Push ups
- Increase speed of training
- Sliding board side-side with rotation
- Increase emphasis on eccentric control of cocking

Months 4-6

- **Gradual return to athletic activity; Discharge onto home program**
- Continue strengthening and endurance exercises with emphasis on the muscles needed specifically for their playing position.
- Continue with the Throwing Program with emphasis on proper throwing mechanics, as tolerated.

Baseball

- Week 8: Begin strength (Throwers Ten) / okay to begin running
- 3 months: Heavier strength (Closed chain / bench / overhead)
- 4 months: Interval throwing program
- 6 months: Throwing from mound

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