



## Arthroscopic Bankart Repair/Mini Open Bankart/Arthroscopic SLAP Repair: Rehabilitation Protocol

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**Procedure:** This procedure is for shoulder instability in which the shoulder is stabilised through key-hole surgery. Structures in front of the shoulder joint are re attached to the socket and are tightened. This procedure is mainly done for shoulder instability, which follows recurrent dislocations after trauma.

SLAP Repair: Purpose is to repair the damaged origin of long head of biceps muscle.

#### Protocol:

	Post op:
Day Case Unit and up to 2 weeks	<ul style="list-style-type: none"> <li>Remove outer dressing</li> <li>Ice 20mins x2 hourly</li> <li>Elbow, wrist and hand - full range of movement</li> </ul>
2-4 weeks	<ul style="list-style-type: none"> <li>Wean off shoulder immobiliser over 1 week</li> <li>20 minutes bent over pendular exercises X3 a day</li> <li>Passive ROM using overhead pulley</li> <li>Self assisted shoulder elevation in supine</li> <li>External rotation to <b>NEUTRAL</b> with arm at side, elbow 90° flexion</li> <li>Isometric internal and external rotation exercises</li> <li>Commence proprioceptive exercise</li> </ul>
4-6 weeks	<ul style="list-style-type: none"> <li>Strengthening of biceps and triceps</li> <li>Active assisted ext rotation in supine using stick. Rolled towel under elbow. <b>NO PAIN - DO NOT FORCE</b></li> <li>Restrict ext rotation to 30° unless otherwise documented.</li> </ul>
6 weeks	<ul style="list-style-type: none"> <li>Active movement exercises - slow</li> <li>Side lying external rotation</li> <li>Supine broom handle press up. Progress to supine active pendular exercises.</li> </ul>

## Return to functional activities

These are approximate and may differ depending upon how rehabilitation is progressing, however these are recommendations as to how early these activities may commence

<b>Return to work</b>	Sedentary job: as tolerated Manual job: may need to modify activities for 4 months
<b>Driving</b>	6-8/52
<b>Lifting</b>	3-6/12
<b>Swimming</b>	3-6/12