

POST-OP Open Bankart Repair / Capsular Shift Instructions and Therapy Protocol

Dr. Erik J Carlson
Active Orthopaedics
Middlebury, CT

Office Contact Number:
Post-Op Urgent Issues Number:
Assistant:

Instructions

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed x 6 weeks
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower. **DO NOT** use the **R L** arm for washing. Be gentle. Sudden movements or actively moving the arm away from the body can disrupt the surgical repair.

Dressing

- ✓ Keep your dressing clean and dry. You may gently wash over the clear dressing. **DO NOT REMOVE UNTIL FOLLOW-UP**
- ✓ *To reduce the risk of infection:*
 - **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
 - **DO NOT apply any antibiotic or other ointments, gels, or creams**
 - **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 10-14 days from surgery. The sutures will be removed at that time.

Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

Open Bankart / Anterior Instability Repair Post-Op Therapy Instructions

Dr. Erik J Carlson
Active Orthopaedics
Middlebury, CT

Office Contact Number: 203-758-1272

Patient Name _____ Date of Surgery _____

Diagnosis _____ Type of Repair _____

Week 0-1: Goals = Control pain, promote healing, prevent stiffness

- Wean off of prescribed medication. Avoid NSAIDs.

Exercises to perform 4-5 x day, 7 days/week

- Elbow, wrist, hand ROM
- *Stay in sling when not performing exercises x 6 weeks*

Week 1-4: Goals = Promote healing, prevent stiffness

- Start pendulum exercises at 10 days from surgery
- PROM: Forward elevation to 100 and ER to 15 starting at 2 weeks
- PROM: Forward elevation to 140 at and ER to 30 at 4 weeks
- *Stay in sling when not performing exercises*

Weeks 4-6: Goals = Improve ROM, begin gently active strengthening

- PROM: Forward elevation to 165 at and ER to 40 at 6 weeks
- AAROM → very gentle AROM within ROM parameters
- Scapular stabilization exercises
- Modalities as indicated per PT discretion
- *Stay in sling when not performing exercises*

Week 6-12: Goals = Regain Full ROM, Strengthen muscles

- Discontinue sling at 6 weeks
- PROM: progress to tolerance
- Advance strengthening: isometrics → bands → light weights

Month 3-6: Goals = Return to sports

Eccentrically resisted motions, sports conditioning
Throwing at 4.5 months, Pitching at 6 months