

## ANTERIOR SHOULDER INSTABILITY BANKHART PROCEDURE

This procedure is normally the result of laxity in the anterior capsule requiring surgical intervention to repair the capsule and ligaments. The protocol is divided into phase. Each phase is adaptable based on the individual and special circumstances. Following a bankhart procedure, the patient should avoid placing stress on the anterior joint capsule. Early passive range of motion is highly beneficial to enhance circulation within the joint to promote healing. The overall goals of the surgical procedure and rehabilitation are to:

- Control pain and inflammation
- Regain normal upper extremity strength and endurance
- Regain normal shoulder range of motion
- Achieve the level of function based on the orthopedic and patient goals

Exercises should be initiated within the first week following surgery. The supervised rehabilitation (outpatient physiotherapy) started after 4 weeks is to be supplemented by a home fitness program where the patient performs the given exercises at home or at a gym facility.

Return to activity requires both time and clinical evaluation. To most safely and efficiently return to normal to high level functional activity, the patient requires adequate strength, flexibility and endurance. Functional evaluation including strength and range of motion testing is one method of evaluating a patient's readiness to return to activity. Return to intense activities following shoulder surgery requires both strenuous strengthening and range of motion program along with a period of time to allow for tissue healing.

### **Returning to work – Labrum tear/glenohumeral joint reconstruction:**

For most sedentary jobs, taking a week off work is recommended. When you return to work your arm will be in a sling (three weeks after surgery) but you can remove the sling for keyboard typing, writing and other activities of table top in front of you. No lifting, pushing, pulling or carrying. Most patients can start light duty work involving no lifting, pushing, pulling or carrying more than one to two pounds, 6-8 weeks after surgery.

Work at waist level (5-10 pounds of lifting) and noncontact sports is started 3 months after surgery. You will generally need 4 months of recovery before beginning work at shoulder level. Return to heaving lifting or overhead use/contact sports may require 5-6 months.