

ARTHROSCOPIC SHOULDER STABILISATION / BANKART REPAIR
POST –OP REHAB PROTOCOL

MR TONY CORNER
CONSULTANT ORTHOPAEDIC SURGEON

Normally in polysling for 4/52 then gradually wean off by 6/52
Read op notes for instructions

Discharged from the ward with:

- Active elbow, hand, finger, neck and shoulder girdle exercises
- Pendular flexion for axillary hygiene reasons only
- Postural awareness advice

Weeks 1-3:

- Teach pendular exercises
- Active assisted flexion to 90 degrees
- NO combined abduction and external rotation
- Active assisted external rotation to restriction limit indicated in operation note (usually 20 degrees)
- Check active elbow, hand, finger, neck and shoulder girdle exercises
- Re enforce postural advice
- Start scapular setting/ muscle imbalance work as appropriate

Weeks 3-6

- Gradually introduce more active ROM exercises but no combined abduction and external rotation
- Closed kinetic chain exercises to improve proprioception (eg. rolling Swiss ball with hand on top)
- Disregard polysling by 6/52 post op, wean off from 4 weeks

6 weeks post operation depending on patient and surgery:

- Add active shoulder movements **all** directions
- Joint mobilisations as able

8 – 12 weeks post operation:

- Resisted rehab if needed
- Introduce sports specific exercises as needed

Discharge with:

- Full range of movement
- Minimal pain
- Good postural awareness
- Adequate scapular stability

Return to activity - Guidelines

Driving 6-8 weeks

Swimming

Breast stroke 8 weeks

Front crawl 3 months

Golf 3 months

Contact sport **minimum** 3 months

CONTACT

NHS Secretary

Michaela Gardiner

Phone 01442 287701

michaela.gardiner@whht.nhs.uk


Private Secretary

Amanda Laws

Phone 01582 714472 / 07754142855

amanda.laws@spirehealthcare.com

tonycorner.com
shoulderelbowsurgery.co.uk
shoulderunit.com

West Hertfordshire Hospitals 
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