

BANKHART REPAIR PROTOCOL
(Inferior Capsular Shift)
DR. BIENZ

DOS: _____

7-10 DAYS POST-OP

- Instruct patient on Codman's exercises.
- Instruct patient in assisted flexion with uninvolved side, and with involved arm in IR.
- Instruct on assistive ER to neutral.

TWO WEEKS POST-OP Begin Date: _____

- Begin isometric elbow flexion and extension exercise at various angles.
- Begin isometric shoulder external rotation exercises (only to neutral) at various angles.
- NO IR STRENGTHENING UNTIL 6 WEEKS**, to allow subscapularis to scar down.

THREE WEEKS POST-OP Begin Date: _____

- Begin gentle passive stretching with arm in IR for flexion and abduction. Issue patient a home pulley set if range is available.
- Begin UBE, Airdyne using upper extremities, and/or Nordic track for upper extremities only.

FOUR TO SIX WEEKS POST-OP Begin Date: _____

- Shoulder flexion to tolerance.
- No ER past 0 degrees (neutral) until 5 weeks.
- IR with water resistance in pool, with hand resistance only. No other IR strengthening until 6 weeks.
- Light resistance with Theraband or light weights, but no extension past neutral or IR strengthening.

SIX WEEKS POST-OP Begin Date: _____

- Begin strengthening for IR.
- Active and passive ROM for shoulder to tolerance, all planes of motion progressing to full ROM.
- Increase to moderate resistance and progress to full ROM and strength.