

Bankart and SLAP lesion repair in a High School Athlete

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Today's To Do List

- Introduction to Case
- Brief Shoulder Anatomy
- Pathologies Related to Case
- Surgical Intervention
- Rehabilitation Protocol
- Take Home Points



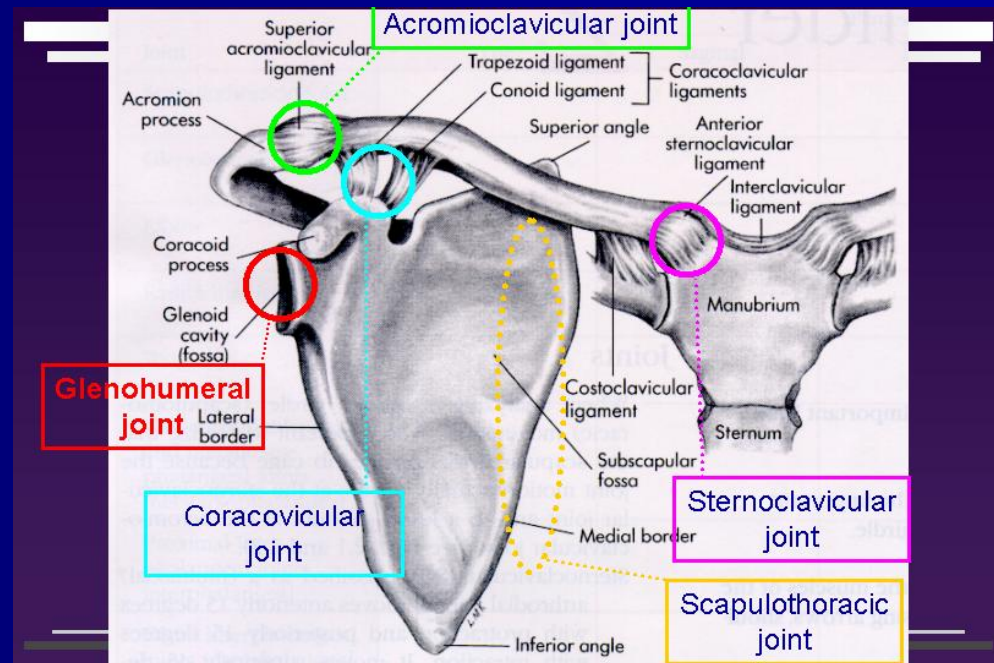
Welcome to My Case

- 18 year old male
- Goalie for high school soccer team
- Previous history:
 - 3 or 4 dislocations/subluxations of left shoulder
 - 3 dislocations/subluxations of right shoulder
 - Bankart repair of left shoulder in 2004



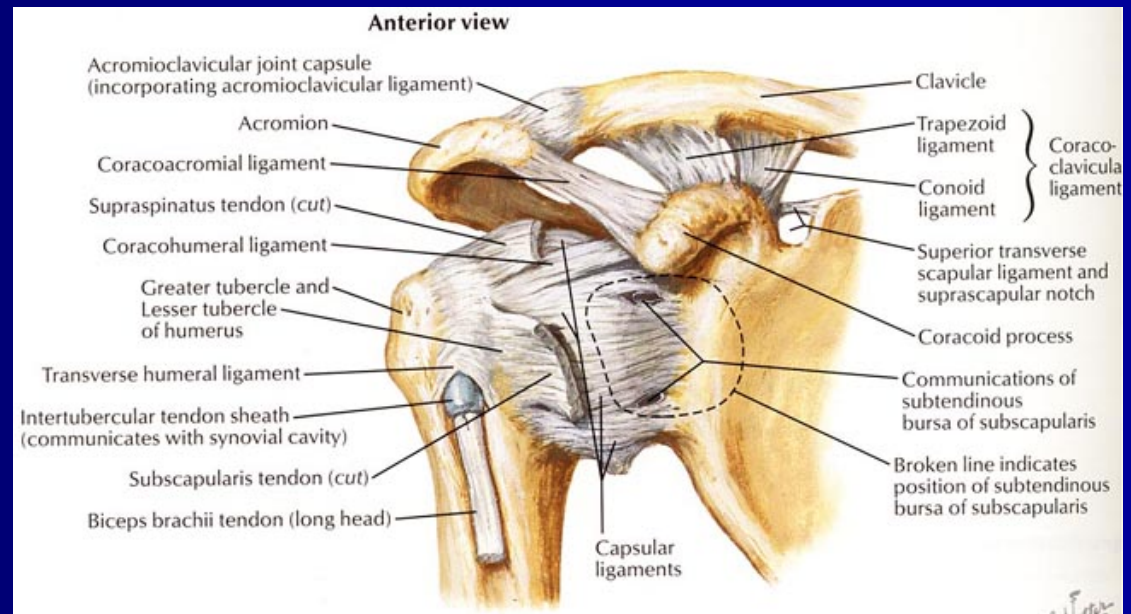
Anatomy

- Bony
 - Sternum
 - Clavicle
 - Scapula
 - Humerus



Anatomy

- Ligamentous
 - Sternoclavicular Joint
 - Costoclavicular
 - Sternoclavicular
 - Interclavicular
 - Acromioclavicular Joint
 - Acromioclavicular
 - Coracoclavicular
 - Conoid
 - Trapezoid
 - Glenohumeral Joint
 - Glenohumeral
 - Coracohumeral
 - Transverse



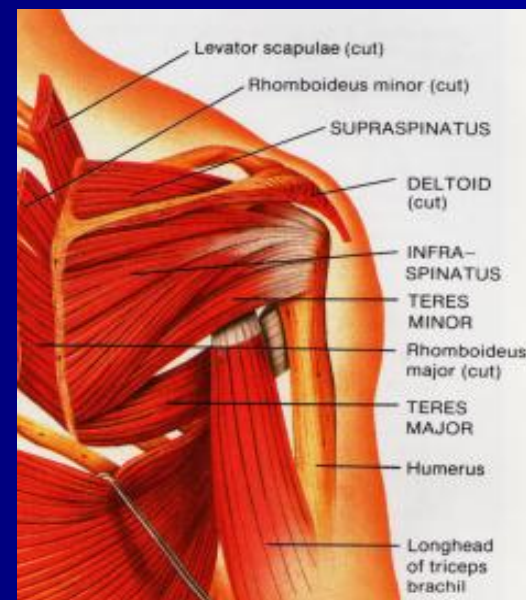
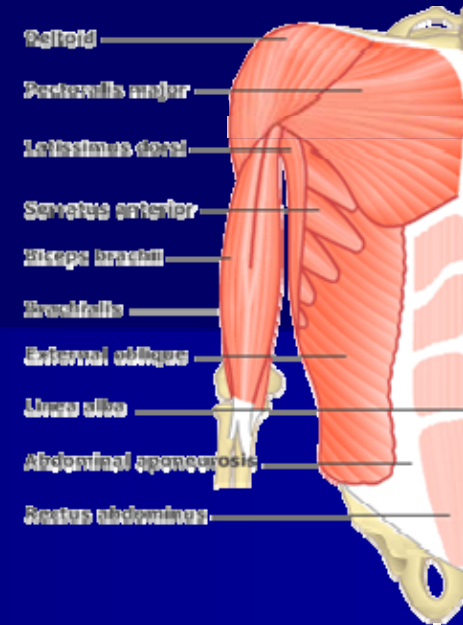
Anatomy

- Muscles Acting on the Scapula:

- Latissimus Dorsi*
- Levator Scapulae
- Rhomboids
- Serratus Anterior
- Trapezius
- Pectoralis Major*
- Pectoralis Minor

- Muscles Acting on the Humerus:

- Biceps
- Coracobrachialis
- Deltoid
- Infraspinatus
- Subscapularis
- Supraspinatus
- Teres Major
- Teres Minor
- Triceps

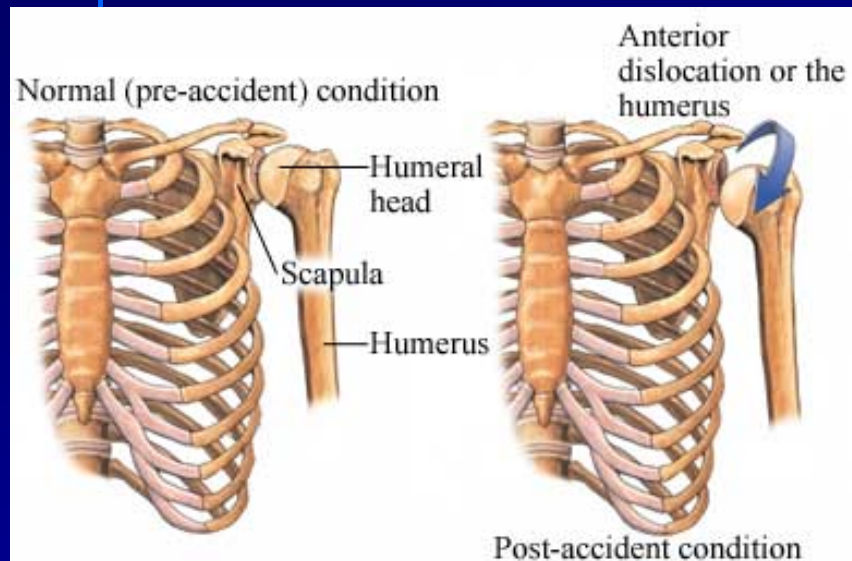


Ouch, that hurts!

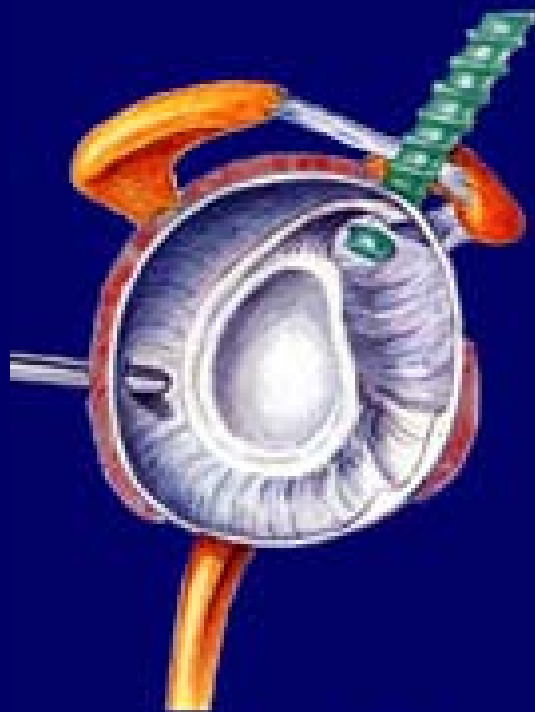
- Instabilities:
 - Anterior
 - Posterior
 - Inferior
 - Multidirectional



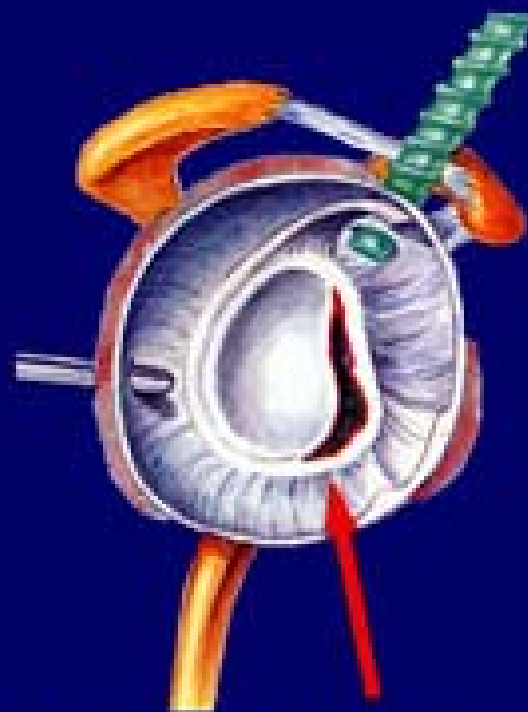
Dislocations



Bankart Lesion

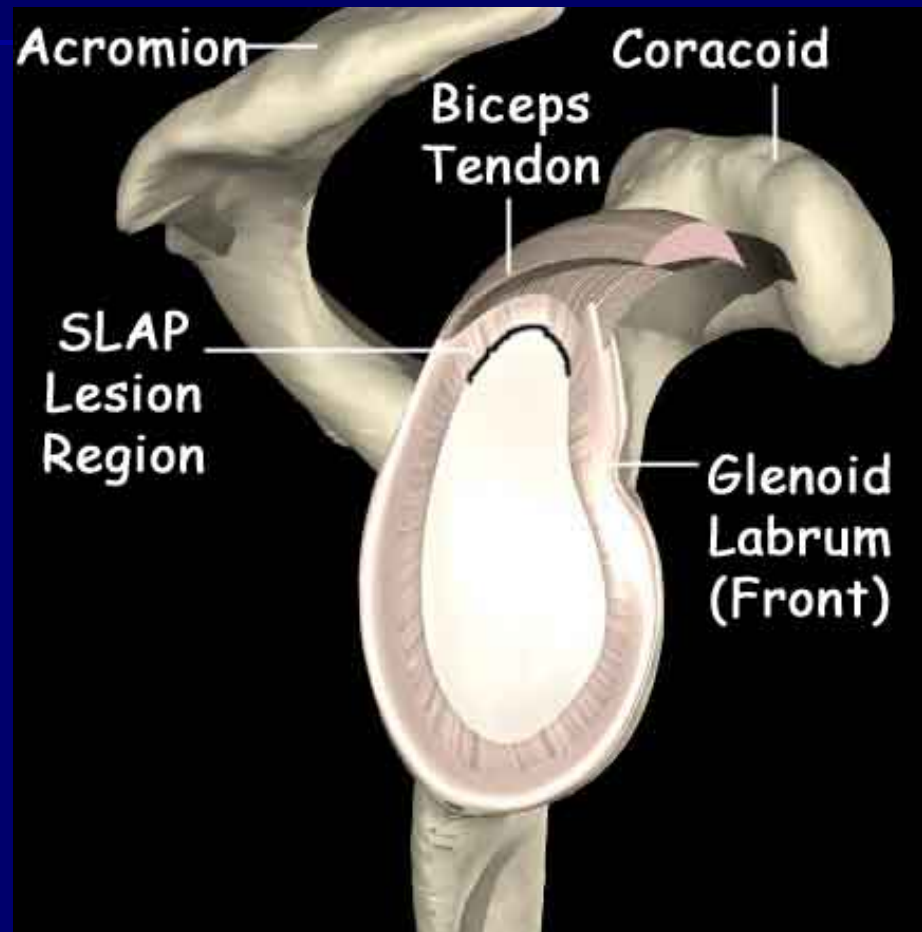


Normal



Bankart Lesion

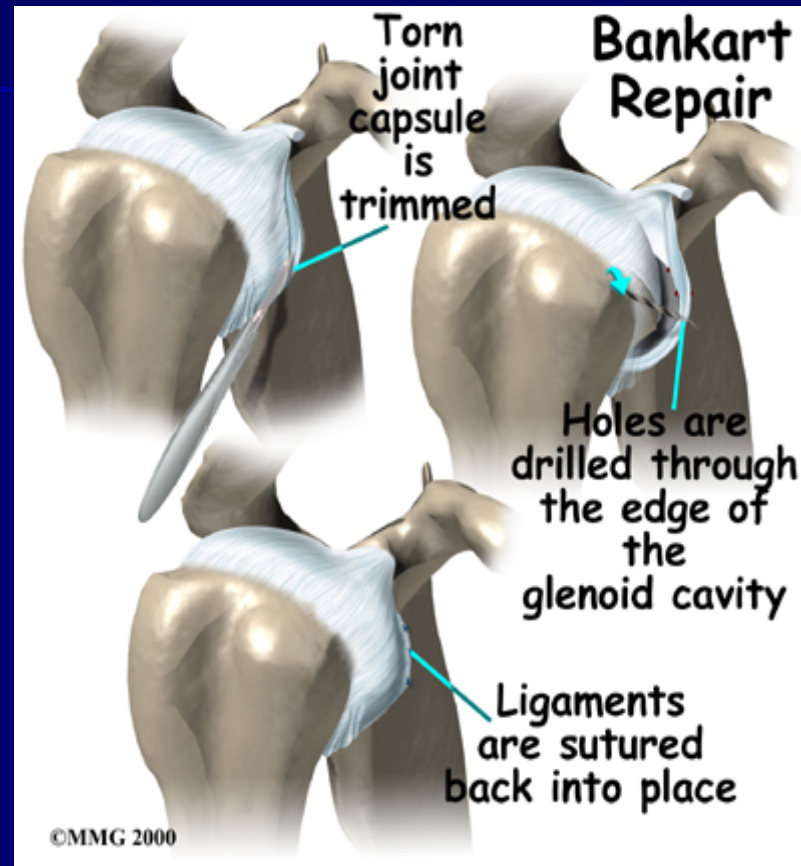
SLAP Lesion



Back to the Case

- After last, and most significant dislocation of right shoulder, went back to orthopedic surgeon who did his first surgery.
 - Discovered a Bankart lesion as well as a SLAP lesion.
- Surgeon decided to opt for arthroscopic surgery to repair both lesions.
- Surgery took place on December 21, 2006

Surgical Procedures



SLAP Lesion Repair- http://hss.edu/professional-conditions_13485.asp

Rehabilitation Protocol

- Appointment Schedule:
 - Weeks 2, 6, 12, 18, and 24
 - Physical Therapy to begin at week 4
- Acute Phase: Surgery to 4 weeks post-op
 - Abduction sling for 3 weeks
 - Codman's beginning at 3 weeks
 - AROM for hand, wrist, elbow
 - Shoulder shrugs
 - Isometrics for flex/ex, add/abd, IR/ER



Rehab Cont.

- Phase I: weeks 4-6
 - Continue with Codman's and isometrics
 - PROM for flex/ex, add/abd, IR/ER
 - AAROM for flex, abd, IR, and ER to neutral
 - Gradual progression to AROM
 - Scapular elevation, depression, protraction, and retraction



Rehab Cont.

- Phase II: Weeks 6-12
 - Continue ROM with no restrictions
 - Rotator cuff strengthening from neutral to 90* abd
 - Closed Kinetic Chain
 - Scapular strengthening
- Exercises Done-
 - Supine weighted ball transfers, weight transfers, tricep extensions, wall push ups, theraband pull downs, pulley adduction, rhythmic stabilization, UBE
- Complications:
 - Tried to help mom shovel snow!
 - Slipped and fell at school
 - Trapezious and scalene trigger points



Rehab Cont.

- Phase III: Weeks 12-18
 - Rotator cuff endurance
 - Anterior shoulder strengthening
 - Eccentric posterior rotator cuff strengthening
 - Begin gentle sports specific activities

Rehab Cont.

- Phase IV: Weeks 18-24
 - Aggressive sports specific activities
 - Return to play when strength and flexibility are within normal limits and patient is fully functional.



Review

- Case Introduction
- Shoulder Anatomy
- Case related pathologies
- Surgery
- Rehabilitation Protocol



Take Home Points

- Don't be scared!!!
- Know your patient



Works Cited

- Prentice, William. *Arnheim's Principles of Athletic Training: A Competency Based Approach*. Eleventh Edition. McGraw-Hill. New York City. 2003.
- "Rehabilitation Protocol for Anterior Shoulder Reconstruction." Dr. Cheek's Office. December 2006.
- Starkey, Chad. Ryan, Jeff. *Evaluation of Orthopedic and Athletic Injuries*. Second Edition. F.A. Davis Company. Philadelphia. 2002.
- Walters, Kendra. Excel-R-ation Physical Therapy. SOAP and Progress Notes.