



“
THE SHOULDER IS THE
MOST COMMONLY
DISLOCATED JOINT IN
THE HUMAN BODY
”



Contact us

Got shoulder issues? We got
you covered!

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Bankart Lesion (Shoulder Injury)

A bankart lesion is characterized by damage to the front aspect of the labrum of the shoulder joint. The goal of rehab is to protect the healing tissue while increasing strength and mobility to pre-injury function.

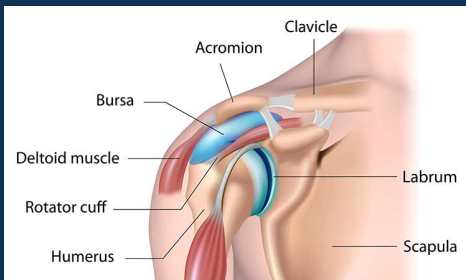
ABOUT BANKART LESIONS

HISTORY

A bankart lesion is caused by repeated forward dislocations. Dislocation of the humeral head can damage the connective tissue surrounding the joint. The shoulder is most susceptible to this injury when extended, abducted, and externally rotated, such as during an overhead throw. This injury is common for those who participate in overhead sports and activities, such as volleyball and tennis.

SIGNS & SYMPTOMS

- Non-localized pain in the shoulder
- Pain is worsened when arm is held behind the back
- Feelings of weakness and instability in the shoulder
- Limited range of motion



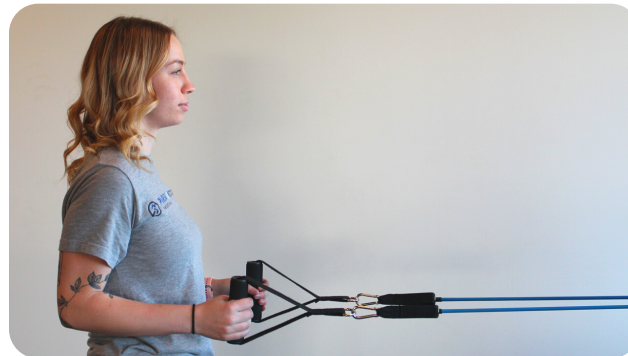
ANATOMY

The glenohumeral joint is the ball and socket joint that connects the humerus to the scapula. The labrum helps keep the ball of the joint in place.



1) Pain Management

A great exercise for pain management is **shoulder pendulums**. Start leaning over, holding onto a table with your uninjured arm, letting your injured arm hang straight down. Completely relax the injured shoulder and use momentum from your lower body to swing the arm back and forth and in circles, increasing range as pain allows. Perform 3x for 30-60 seconds each, repeat several times throughout the day.



3) Strength

Banded rows work to strengthen the shoulder stabilizer muscles, helping decrease the risk of future dislocations. Standing with your feet shoulder width apart, hold the band at chest level with your arms extended. Draw your arms back, focusing on bringing the shoulder blades together, then return to starting position. Perform 3 sets of 8-10 repetitions.



2) Mobility

A great place to start for mobility is with **towel slides** for active assisted range of motion (AAROM) shoulder flexion. Standing in front of a table, place the hand of your injured arm on a towel. From there, keep the arm relaxed and use your body to push the arm forward as far as you can, and back to the starting position. Perform 3 sets of 8-10 repetitions.



4) Functional/Sport

At this point you should have minimal to no pain, full range of motion, and full strength. This is where you can return to overhead activities such as **2-handed overhead throws**. Holding a ball with both hands, slowly bring the ball overhead with your elbows bent. Bring the arms forward and extend the elbows, releasing the ball. Perform 3 sets of 8-10 repetitions.

