

# ARTHROSCOPIC ANTERIOR BANKART REPAIR

## PHASE I - IMMEDIATE POSTOPERATIVE PHASE "RESTRICTIVE MOTION" (WEEKS 0-6)

### Goals

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability and proprioception
- Diminish pain and inflammation

### WEEKS 0-2

- Sling for 2-3 weeks for comfort
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 70 degrees week 1
  - Flexion to 90 degrees week 2
  - ER/IR with arm 30 degrees abduction
    - ER to 5-10 degrees
    - IR to 45 degrees
- Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

### WEEKS 3-4

- Discontinue use of sling
- **Use immobilizer for sleep** \*\* to be discontinued at 4 weeks unless otherwise directed by physician
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR at 45 degrees abd in scapular plane
  - ER in scapular plane to 15-20 degrees
  - IR in scapular plane to 55-60 degrees

\*NOTE: Rate of progression based on evaluation of the patient

- No excessive ER, extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program
- Initiate scapular strengthening program
- Continue use of cryotherapy

## WEEKS 5-6

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 55-50 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance

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## PHASE II - INTERMEDIATE PHASE: MODERATE PROTECTION PHASE (WEEKS 7-14)

### Goals

Gradually restore full ROM (week 10)

Preserve the integrity of the surgical repair

Restore muscular strength and balance

Enhance neuromuscular control

## WEEKS 7-9

- Gradually progress ROM;
  - Flexion to 160 degrees
  - Initiate ER/IR at 90 degrees abd
  - ER at 90 degrees abduction: 70-80 degrees at week 7
  - ER to 90 degrees at weeks 8-9
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

## WEEKS 10-14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
  - \*Progress ROM to functional demands (i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)

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## PHASE III - MINIMAL PROTECTION PHASE (WEEK 15-20)

### Goals

Maintain full ROM

Improve muscular strength, power and endurance

Gradually initiate functional activities

### CRITERIA TO ENTER PHASE III

- Full non-painful ROM
- Satisfactory stability
- Muscular strength (good grade or better)
- No pain or tenderness

### WEEKS 15-18

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises:
  - Throwers ten program or fundamental exercises
  - PNF manual resistance
  - Endurance training
  - Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program week 16-18

### WEEKS 18-20

- Continue all exercise listed above
- Process interval sport program (throwing, etc.)

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## PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 21-24)

### Goals

Enhance muscular strength, power and endurance

Progress functional activities

Maintain shoulder mobility

### CRITERIA TO ENTER PHASE IV

- Full non-painful ROM
- Satisfactory static stability
- Muscular strength 75-80% of contralateral side
- No pain or tenderness

## WEEKS 21-24

- Continue flexibility exercises
  - Continue isotonic strengthening program
  - NM control drills
  - Plyometric strengthening
  - Progress interval sport programs
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## PHASE V - RETURN TO ACTIVITY PHASE (MONTHS 7-9)

### Goals

Gradual return to sport activities

Maintain strength, mobility and stability

### CRITERIA TO ENTER PHASE V

- Full functional ROM
- Satisfactory isokinetic test that fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness
- Exercises
  - Gradually progress sport activities to unrestrictive participation
  - Continue stretching and strengthening program