

Anterior Bankart Repair

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PRISMA
HEALTHSM

Phase I – Immediate Postoperative Phase (Wks 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
 - ****NO active ER or Extension or Abduction**
- 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

Phase II – Intermediate Phase: Moderate Protection (Wks 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)

Phase III – Minimal Protection (Wks 15-20)

Goals

- Maintain full ROM
- Improve muscular strength, power, and endurance
- Gradually initiate functional activities

Criteria to Enter Phase III

1. Full non-painful ROM
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. 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 exercises listed above
- Process interval sport program (throwing, etc)

Phase IV – Advanced Strengthening (Wks 21-24)

Goals

- Enhance muscular strength, power, and endurance
- Progress functional activities
- Maintain shoulder mobility

Criteria to Enter Phase IV

1. Full non-painful ROM
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. No pain or tenderness

Weeks 21-24

- Continue flexibility exercises
- Continue isotonic strengthening program
- NM control drills
- Plyometric strengthening
- Progress interval sport programs

Phase V – Return to Activities (Months 7-9)

Goals

- Gradual return to sport activities
- Maintain strength, mobility, and stability

Criteria to Enter Phase V

1. Full functional ROM
2. Satisfactory isokinetic test that fulfills criteria
3. Satisfactory shoulder stability
4. No pain or tenderness

Exercises

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program