



# REHAB PROTOCOL: ARTHROSCOPIC ANTERIOR BANKART REPAIR Matthew Yousif, DO

## I. Phase 1 - 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 6 weeks
- Sleep in immobilize/swath for 8 weeks
- Elbow/Hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 40° week 1
  - Flexion to 60° week 2
  - IR to 45°
- **\*\*\* NO active ER or Extension or Abduction \*\*\***
- Submaximal isometrics for shoulder musculature
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 4

- Discontinue use of sling during the day sleep in sling 2 more weeks (if directed by surgeon)
  - Use of immobilizer for sleep as listed above
  - Continue gentle ROM exercises (PROM and AAROM)
    - Flexion to 90°
    - Abduction to 70°
    - ER/IR at 45° Abd in scapular plane
    - ER in scapular plane to 30°
    - IR in scapular plane to 55-60°
- \*\*\* NOTE: Rate of progression based on evaluation of 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 140°
  - ER at 45°, Abduction: 55-50°
  - IR at 45°, Abduction: 55-60°
- May initiate stretching exercises
- Initiate exercises tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance
  - Discontinue sling use at night

## **II. 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
  - Initiate ER/IR at 90° Abd
  - ER at 90° abduction: 70-80° at week 7
  - ER to 90° at weeks 8-9
  - IR at 90° abduction: 70 – 75°
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

## **III. 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

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

Weeks 15 – 16

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercise:
  - Thrower 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.)

#### **IV. 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

- 1) Full functional ROM
- 2) Satisfactory is kinetic 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