
Arthroscopic/Open Anterior Bankart Repair Physical Therapy Protocol

Phase I: Immediate Post-operative "Restrictive Motion" (Weeks 0 to 6)

Goals

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

Brace

- Discontinue use after four weeks (unless otherwise advised by Dr. Kendall)
- Sleep in immobilizer for four weeks

Weeks 0 to 2

Range of Motion

• Week 1

- Flexion: 70 degrees
- External rotation: 5 to 10 degrees
- Internal rotation: 45 degrees
- Abduction: 30 degrees

• Week 2

- Flexion: 90 degrees

Exercises

- **No active external rotation/extension/abduction**
- Elbow/wrist/hand exercises
 - Passive and gentle active assistive range of motion exercises per guidelines above
 - Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills for external rotation/internal rotation
- Proprioception drills
- Cryotherapy and modalities as indicated

Weeks 3 to 4

Range of Motion

• Week 3

- External rotation: 15 to 20 degrees
- Internal rotation: 55 to 60 degrees
- Abduction: 90 degrees

Exercises

- Continue passive and gentle active assistive range of motion exercises per guidelines above
- Continue submaximal isometrics and rhythmic stabilization
- Core stabilization program
- Initiate scapular strengthening program
- Continue cryotherapy for pain management

Weeks 5 to 6

• Week 5

- Flexion: 145 degrees
- External rotation: 55 to 60 degrees
- Abduction: 145 degrees

Exercises

- Gradually progress range of motion per the guidelines above
- Initiate pulleys
- Initiate external rotation/internal rotation tubing exercises (arm at side)
- Continue scapular strengthening program
- Initiate proprioceptive neuromuscular facilitation manual resistance

Phase II: Moderate Protection (Weeks 7 to 14)

Goals

- Gradually restore full range of motion by week 10
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Enhance neuromuscular control

Range of Motion

• Week 8

- External rotation: 90 degrees

• Week 10

- Restore full range of motion

Weeks 7 to 9

Exercises

- Gradually progress range of motion per the guidelines above
- Progress isotonic strengthening program
- Continue proprioceptive neuromuscular facilitation strengthening

Weeks 10 to 14

Exercises

- May initiate slightly more aggressive strengthening
- Continue all stretching exercises (progress range of motion to functional demands)

Phase III: Minimal Protection (Weeks 15 to 20)

Criteria to Progress to Phase III

- Full, non-painful range of motion
- Satisfactory stability
- Muscular strength of four to five or better
- No pain or tenderness

Goals

- Maintain full range of motion
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Weeks 15 to 18

Exercises

- Continue exercises as listed above
- Throwers ten program
- Fundamental exercises
- Endurance training
- Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program at week 16 to 18

Weeks 18 to 20

Exercises

- Progress interval sports program (throwing, etc.)

Phase IV: Advanced Strengthening (Weeks 21 to 24)

Criteria to Progress to Phase IV

- Full, non-painful range of motion
- Satisfactory static stability
- Muscular strength to 75 to 80 percent of contralateral side
- No pain or tenderness

Goals

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

Weeks 21 to 24

Exercises

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

Phase V: Return to Activity (Months 7 to 9)

Criteria to Progress to Phase V

- Full functional range of motion
- Satisfactory isokinetic test that fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness

Goals

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

Months 7 to 9

Exercises

- Gradually progress sports activities to unrestricted participation
- Continue stretching and strengthening program