

Arthroscopic Anterior Bankart Repair

Phase I: Immediate Postoperative Phase – Restrictive Motion

Goals

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

Day 1 to 2 Weeks

- Sling for two to three weeks for comfort
- Sleep in [immobilizer] sling for four weeks
- Elbow/hand range of motion
- Hand gripping exercises
- Passive and gentle active assistive range of motion exercise
 - Week one, flexion to 70 degrees
 - Week two, flexion to 90 degrees
 - External rotation/internal rotation with arm 30 degrees abduction
 - External rotation to five to ten degrees
 - Internal rotation to 45 degrees

Note: No active external rotation, extension or abduction

- Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills external rotation/internal rotation
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 3 to 4

- Discontinue use of sling during day at four to six weeks post-op
- Use [immobilizer] sling for sleep (to be discontinued at four to six weeks unless otherwise directed by Dr. Gudeman)
- Continue gentle range of motion (passive range of motion and active assertive range of motion)
 - Flexion to 90 degrees
 - Abduction to 90 degrees
 - External rotation/internal rotation at 45 degrees abduction in scapular plane
 - External rotation in scapular plane to 15 to 20 degrees
 - Internal rotation in scapular plane to 55 to 60 degrees

Note: Rate of progression based on evaluation of the patient

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

Weeks 5 to 6

- Gradually improve range of motion
 - Flexion to 145 degrees
 - External rotation at 45 degrees abduction to 50 to 55 degrees
 - Internal rotation at 45 degrees abduction to 55 to 60 degrees
- May initiate stretching exercises
- Initiate exercise tubing external rotation/internal rotation (arm at side)
- Scapular strengthening
- Proprioceptive neuromuscular facilitation manual resistance

Phase II: Intermediate Phase – Moderate Protection Phase

Goals

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

Weeks 7 to 9

- Gradually progress range of motion
 - Flexion to 160 degrees
 - Initiate external rotation/internal rotation at 90 degrees abduction
 - External rotation at 90 degrees abduction to 70 to 80 degrees at week seven
 - External rotation to 90 degrees at weeks eight to nine
 - Internal rotation at 90 degrees abduction to 70 to 75 degrees
- Continue to progress isotonic strengthening program
- Continue proprioceptive neuromuscular facilitation strengthening

Weeks 10 to 14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises (progress range of motion to function demands, i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted range of motion)

Phase III: Minimal Protection Phase

Criteria to Enter Phase III

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

Goals

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

Helping you achieve
the optimal activity
level for your lifestyle
is my first priority.

- Scott Gudeman, MD

Weeks 15 to 18

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises:
 - Throwers 10 program or fundamentals exercises
 - Proprioceptive neuromuscular facilitation manual resistance
 - Endurance training
 - Restrictive sport activities (light swimming, half golf swings)
- Initiate interval sport program week 16 to 18

Weeks 18 to 20

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

Phase IV: Advanced Strengthening Phase

Criteria to Enter Phase IV

- Full non-painful range of motion
- Satisfactory static stability
- Muscular strength 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

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

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

Criteria to Enter 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

Exercises

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



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