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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