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 unrestrictive participation
• Continue stretching and strengthening program