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## Arthroscopic Bankart Repair Rehab Protocol

This rehabilitation protocol has been developed for the patient following an arthroscopic Bankart surgical procedure. The protocol is divided into phases. Each phase is adaptable based on the individual and special circumstances. Immediately post-operatively, exercises must be modified so as not to place unnecessary stress on the anterior joint capsule of the shoulder.

Early passive range of motion is highly beneficial to enhance circulation within the joint to promote healing. The **overall goals** of the surgical procedure and rehabilitation are to:

- Control pain and inflammation
- Regain normal upper extremity strength and endurance
- Regain normal shoulder range of motion
- Achieve the level of function based on the orthopedic and patient goals

Physical therapy should be initiated within the first week after surgery. The supervised rehabilitation program is to be supplemented by a home fitness program where the patient performs the given exercises at home or at a gym facility.

**Important post-operative signs** to monitor include:

- Swelling of the shoulder and surrounding soft tissue
- Abnormal pain response, hypersensitive and increase in night pain
- Weakness in the upper extremity musculature

Return to activity requires both time and clinical evaluation. To most safely and efficiently return to normal or high level functional activity, the patient requires adequate strength, flexibility and endurance. Functional evaluation including strength and range of motion testing is one method of evaluating a patient's readiness to return to activity. Return to intense activities following an arthroscopic Bankart repair requires both a strenuous strengthening and range of motion program along with a period of time to allow for tissue healing. Symptoms such as pain, swelling or instability should be closely monitored by the patient.

### Phase I (Weeks 1 to 3)

#### Goals

- Promote healing of tissue
- Control pain and inflammation
- Gradual increase in range of motion
- Independent in home exercise program
- Initiate muscle contraction

#### Brace

- Sling for six weeks or as noted by Dr. Thieken
- Sling removed for exercises above

#### Modalities

- E-stim as needed
- Ice 15 to 20 minutes

### **Range of Motion (gradually increase)**

- Passive range of motion - scapular plane
  - External Rotation
    - 0 to 10 degrees by week two
    - 0 to 20 degrees by week three
  - Internal Rotation
    - 0 to 45 degrees by week two
    - 0 to 60 degrees by week three
- Passive and active assistive range of motion
  - Flexion/Elevation
    - 0 to 60 degrees by week two
    - 0 to 90 degrees by week three
- Pendulum exercises
- Rope/pulley (flex, scaption)
- Wand exercises-all planes within limitations
- Posterior capsule stretch
- Manual stretching and Grade I to II joint mobs
- **No active external rotation, abduction or extension**

### **Exercise**

- Initiate submaximal isometrics - pain free

## **Phase II (Weeks 3 to 6)**

### **Goals**

- Control pain and inflammation
- Enhance upper extremity strength
- Gradual increase in range of motion

### **Brace**

- Discontinue at week six

### **Modalities**

- Ice 15 to 20 minutes

### **Range of Motion (gradual increase)**

- Passive and active assistive range of motion - scapular plane
  - External rotation of 0 to 30 degrees by week six
  - Full range internal rotation of motion by week six
- Passive and active assistive range of motion
  - Flexion/elevation of 0 to 140 degrees by week six
- Pendulum exercises
- Posterior capsule stretch
- Rope/pulley (flex, abduction, scaption)
- Wand exercises: all planes within limitations
- Manual stretching and Grade II to III to reach goals

### **Exercise**

- Continue isometric activities as in Phase I
- Initiate supine rhythmic stabilization at 90 degrees flexion
- Initiate upper body exerciser for endurance
- Initiate internal rotation/external rotation at neutral with tubing
- Initiate side lying external rotation
- Prone horizontal abduction (100 degrees, 90 degrees), extension
- Initiate flexion, scaption, empty can
- Initiate scapular stabilizer strengthening
- Concentrate on eccentric activities

## **Phase III (6 to 12 Weeks)**

### **Goals**

- Minimize pain and swelling
- Reach full range of motion
- Improve upper extremity strength and endurance
- Enhance neuromuscular control
- Normalize arthrokinematics

### **Modalities**

- Ice 15 to 20 minutes

### **Range of Motion**

- Full range of motion at 10 weeks
- Passive and active assistive range of motion - scapular plane
  - External rotation of 90 degrees abduction, 0 to 75 degrees at week eight
- Passive and active assistive range of motion
  - Flexion/elevation of 0 to 160 degrees at week eight

### **Exercise**

- Continue all strengthening from previous phases increasing resistance and repetition
- Initiate plyotoss chest pass at weeks 8 to 10
- Initiate proprioceptive neuromuscular facilitation patterns with Thera-Band
- Manual resisted proprioceptive neuromuscular facilitation patterns in supine
- Upper body exerciser for strength and endurance
- Initiate isokinetic internal rotation/external rotation at neutral at weeks 10 to 12

## **Phase IV (Weeks 12 to 24)**

### **Goal**

- Full range of motion
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional training

### **Modalities**

- Ice 15 to 20 minutes

### **Range of Motion**

- Continue with all range of motion activities from previous phases
- Posterior capsule stretching
- Towel stretching
- Grade III to IV joint mobs as needed for full range of motion

### **Exercise**

- Progress strengthening program with increase in resistance and high speed repetition
- Progress with eccentric strengthening of posterior cuff and scapular musculature
- Initiate single arm plyotoss
- Progress rhythmic stabilization activities to include standing proprioceptive neuromuscular facilitation patterns with tubing
- Upper body exercise for strength and endurance
- Initiate military press, bench press and lateral pull downs
- Initiate sport specific drills and functional activities
- Initiate interval throwing program at week 16
- Initiate light plyometric program at weeks 12 to 16
- Progress isokinetics to 90 degrees of abduction at high speeds