

## **Arthroscopic Anterior Bankart Repair**

### Phase I – Immediate Postoperative Phase “Restrictive Motion” (Weeks 0-6)

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

#### Weeks 0-2

Sling for 2-3 weeks  
Sleep in immobilizer for 4 weeks  
Elbow/hand ROM  
Hand gripping exercise  
Passive and gentle active assistive ROM exercise  
Flexion to 70 degrees week 1  
Flexion to 90 degrees week 2  
ER/IR with arm 30 degrees abduction  
ER to 5-10 degrees abduction  
IR to 45 degrees  
\*\* NO active ER or extension or Abduction  
Submaximal isometrics for shoulder musculature  
Rhythmic stabilization drills for ER/IR  
Proprioception drills  
Cryotherapy, modalities as indicated

#### Weeks 3-4

Discontinue use of sling  
Use immobilizer for sleep (physician decision)  
Continue gentle ROM exercises (ROM and AAROM)  
Flexion to 90 degrees  
Abduction to 90 degrees  
ER/IR at 45 degrees abd in scapular plane  
ER in scapular plane to 15-20 degrees  
IR in scapular plane to 55-60 degrees  
\*\* NOTE: Rate of progression based on evaluation of the patient  
No excessive ER, extension or elevation  
Continue isometrics and rhythmic stabilization (submax)  
Core stabilization program  
Initiate scapular strengthening program  
Continue use of cryotherapy

#### Weeks 5-6

Gradually improve ROM  
Flexion to 145 degrees  
ER at 45 degrees abduction 55-60 degrees  
IR at 45 degrees abduction 55-60 degrees  
May initiate stretching exercises  
Initiate exercise tubing ER/IR (arm at side)  
Scapular strengthening  
PNF manual resistance

### Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)

Goals: Gradually restore full ROM (week 10)

Preserve the integrity of the surgical repair  
Restore muscular strength and balance  
Enhance neuromuscular control

#### Weeks 7-9

Gradually progress ROM;  
Flexion to 160 degrees  
Initiate ER/IR at 90 degrees abd  
ER at 90 degrees abduction: 70-80 degrees at week 7  
ER to 90 degrees at weeks 8-9  
IR at 90 degrees abduction: 70-75 degrees  
Continue to progress isotonic strengthening program  
Continue PNF strengthening

#### Weeks 10-14

May initiate slightly more aggressive strengthening  
Progress isotonic strengthening exercises  
Continue all stretching exercises  
\*\* Progress ROM to functional demands (ie. Overhead athlete)  
Progress to isotonic strengthening (light and restricted ROM)

#### Phase III – Minimal Protection Phase (week 15-20)

Goals: Maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional activities

#### Criteria to Enter Phase III

1. Full non-painful ROM
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. No pain or tenderness

#### Weeks 15-18

Continue all stretching exercises (capsular stretches)  
Continue strengthening exercises:  
Throwers ten program or fundamental exercises  
PNF manual resistance  
Endurance training  
Restricted sport activities (light swimming, half golf swings)  
Initiate interval sport program week 16-18

#### Weeks 18-20

Continue all exercises listed above  
Progress interval sport program (throwing, etc)

#### Phase IV – Advanced Strengthening Phase (weeks 21-24)

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

#### Criteria to Enter Phase IV

1. Full non-painful ROM
2. Satisfactory static stability

3. Muscular strength 75-80% of contralateral side
4. No pain or tenderness

#### Weeks 21-24

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

#### Phase V – Return to Activity Phase (Months 7-9)

Goals: Gradual return to sport activities  
Maintain strength, mobility and stability

#### Criteria to Enter Phase V

1. Full functional ROM
2. Satisfactory isokinetic test that fulfills criteria
3. Satisfactory shoulder stability
4. No pain or tenderness

#### Exercises

Gradually progress sport activities to unrestrictive participation  
Continue stretching and strengthening program