

Anterior and Posterior Bankart Repair Rehabilitation Protocol

Precautions:

- Slower progression in restoring ROM
- Emphasis on Neuromuscular control, scapular position, increase resting muscular tone
- Control arm position/motion while sleeping
- No excessive motion, especially IR, horizontal abduction or adduction
- No pushing motions, push-ups for 8-10 weeks

I. Phase I - Protection Phase (Week 0-8)

Goals: Allow healing of repaired capsule
Begin early protected and restricted range of motion
Retard muscular atrophy and enhance dynamic stability
Decrease pain/inflammation

Brace: Patient placed in ultrasling brace in neutral rotation for 4-6 weeks (physician will make determination)

Week 0-2

Precautions:

1. Sleep in brace for 4-6 weeks (Physician will make determination)
2. No overhead activities for 6-8 weeks
3. No cross body movements or excessive I
4. Compliance to rehab program is critical.

Exercises:

Wrist, hand, gripping

Elbow flex/extension and pronation/supination

Pendulum exercises (non-weighted)

Isometrics

- Flexors, Extensors, ER, IR, ABD
- Rhythmic stabilization drills ER/IR (neutral rotation at 20 degrees abduction)
- Proprioception drills

Range of Motion:

- PROM only
- ER/IR at 30 degrees Abduction
- ER to 10-15 degrees
- IR to 10-15 degrees
- Elevation to 45 degrees maximum

Week 3-4

Goals: Control ROM
Enhance Neuromuscular control
Decrease pain/inflammation

1. Initiate Range of Motion Exercises
L-Bar active assisted exercises, gentle PROM exercises
IR/ER at 30 degrees scapular plane to 10-15 degrees.

- ER to 15-20 degrees
 - IR to 15-20 degrees
- Shoulder flexion to 60 degrees week 3-4.
Rope & Pulley Flexion to 60-70 degrees.

2. Strengthening exercises
 - isometrics
 - rhythmic stabilization exercises
 - proprioception drills
 - scapular strengthening exercises manual drills (seated)
 - initiate core stabilization (bridging, partial sit ups, etc.)
3. Conditioning program for:
 - trunk
 - lower extremities
 - cardiovascular
4. Decrease pain/inflammation:
 - ice, modalities

Week 5-6

1. Continue all exercises listed above
2. Range of Motion Exercises
L-Bar Active Assisted Exercises
Gradually and slowly increase ROM
 - *Base rate of ROM progress on amount of motion and end feel
 - ER at 40 degrees abduction scapular plane to 40 degrees at week 5
 - IR at 40 degrees abd scapular plan to 45 degrees
 - Flexion to 90-100 degrees week 5-6
3. Strengthening exercises
 - initiate tubing IR/ER with arm at side (limited ROM)
 - rhythmic stabilization drills
 - emphasize rotator cuff strengthening
 - active full can to 70 degrees
 - prone rowing at 0 and 45 degrees
 - initiate hand on wall rhythmic stabilization

Week 7-8

1. Control all exercises listed above
2. Progress ROM gradually
3. Range of Motion
 - ER/IR @ 45 degrees abduction
 - ER to 45 degrees
 - IR to 45 degrees
 - Abduction and flexion to 120-125 degrees

II. Phase II - Intermediate Phase (Week 8-14)

Goals: Progress to 70-80% of full ROM at week 10-12
Increase strength
Improve neuromuscular control

Week 8-10

1. Range of Motion Exercise
L-Bar active assisted exercises:
Flexion to 160-170 degrees
ER at 90 degrees Abd to 75-80 degrees
IR at 90 degrees Abd to 55 degrees

2. Strengthening Exercises
Initiate isotonic dumbbell program
 - initiate thrower's ten program
 - sidelying ER
 - sidelying IR
 - shoulder Abduction to 90 degrees
 - supraspinatus (full can)
 - latissimus dorsi prone rowing
 - rhomboids horz. Abd (bent elbow)
 - biceps curls
 - triceps curls
 - plank stabilization positionContinue tubing at 0 degrees for ER/IR
Continue stabilization exercises for the glenohumeral joint
Scapular strengthening and neuromuscular exercises
Continue axial loading exercises

4. Initiate Neuromuscular Control Exercises for Scapulothoracic Joint

Week 10:

AAROM & PROM exercises continued
PROM/AAROM:
ER at 90 deg abduction to 90-95 degrees
IR at 90 deg abduction to 55-60 degrees
Flexion to 180 degrees

Week 11-14

1. Continue all exercises listed above, emphasize neuromuscular control drills, PNF stabilization drills, and scapular strengthening.
2. Progress ROM to:
 - ER at 90 degrees ABD: to 115-120 degrees
 - IR at 90 degrees ABD: to 55-60 degrees (maximum)
3. Progress to advanced thrower's ten exercises program at week 12
4. Progress to Interval hitting program at week 12-14 (off tee, Physician needs to clear patient)

III. Phase III - Dynamic Strengthening Phase (Week 14-22)

**Aggressive strengthening or stretching program based on type of patient.
(Therapist and/or physician will determine.)

Week 14-17

Goals: Improve strength/power/endurance
Improve neuromuscular control
Prepare athletic patient for gradual return to sports

**** Criteria to Enter Phase III:**

1. Full non-painful ROM
** Patient must fulfill this criteria before progressing to this phase.
2. No pain or tenderness
3. Strength 70% or better compared to contralateral side

Exercises:

Initiate Interval Throwing Program at week 16 \geq

- Advanced thrower's ten program
**Emphasis: Neuromuscular control drills, rotator cuff strengthening, scapular strengthening.
 - Continue tubing exercises for IR/ER at 0 degrees ABD (arm at side)
 - Continue isotonics:
 - for rhomboids and lower trapezius
 - for latissimus dorsi
 - for biceps
 - bilateral plank rhythmic stabilization
 - hand on wall rhythmic stabilization
 - Continue dumbbell exercises for supraspinatus and deltoid
 - Continue serratus anterior strengthening exercises push-ups floor
- Continue closed kinetic chain drills
Continue trunk/LE strengthening exercises
Continue neuromuscular exercises and proprioception drills

Week 18-22

- Continue all exercises above
- Emphasis on gradual return to restricted recreational activities

IV. Phase IV - Return to Activity (Week 22-30)

Goals: Progressively increase activities to prepare patient for full functional return

Criteria to Progress to Phase IV:

1. Full ROM
2. No pain or tenderness
3. Muscle strength test that fulfills criteria
4. Satisfactory clinical exam

Exercise:

- Continue strengthening exercises
- Fundamental shoulder strengthening exercises
- Core stabilization drills
- Endurance training