

## Arthroscopic Revision Anterior Bankart Repair

### Precautions:

- No excessive external rotation of the shoulder for 6-8 weeks
- No excessive horizontal abduction for 8-10 weeks
- Sleep in sling/brace for 4-6 weeks (Physician will determine)
- No throwing motions until cleared allowed by Physician
- No bench press, push-ups, etc. until cleared by Physician

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

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

#### Weeks 0-2

- Sling for 4-6 weeks for protection
- Sleep in immobilizer for 4-6 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees week 1
  - Flexion to 75 degrees week 2
  - ER/IR with arm 30 degrees abduction
    - ER to 5-10 degrees
    - IR to 35 degrees
- \*\*NO active ER, horizontal abduction or Extension or Abduction
- Submaximal isometrics for shoulder musculature
  - ER, IR, Abduction, Flexion
  - Seated scapular isometrics in sling/brace
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

#### Weeks 3-4

- Continue use of sling
- Use immobilizer for sleep **\*\* to be discontinued when directed by physician**
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR at 45 degrees abduction 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 eval of the patient & patient's end feel
- No excessive ER, extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Initiate scapular neuromuscular control exercises
- Postural corrective exercises
- 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: 55-50 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- Initiate exercise tubing ER/IR (arm at side with towel roll)
- Initiate full can to 90 degrees
- Initiate lateral raises to 90 degrees
- Scapular strengthening
  - Standing tubing scapular retraction
  - Standing shoulder extension to neutral
  - Standing dynamic hugs
  - Initiate biceps/triceps strengthening

**II. 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 & enhance dynamic stabilization

**Weeks 7-9**

- Gradually progress ROM;
  - Flexion to 160 degrees
  - Initiate ER/IR at 90 degrees abd
  - ER at 90 degrees abduction: 70-75 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
- Initiate Thrower's Ten Program
- Initiate lower trapezius program
- Scapular neuromuscular control drills

**Weeks 10-14**

- ROM Progression:
  - Week 8-9: ER at 90 degrees of abduction: 90 deg of ER
  - Week 10-12: gradually increase ER to 115 deg on the table PROM
- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Week 12: progress to advanced throwers ten program
- Continue all stretching exercises
  - \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)
- 2 hand plyometrics at week 14

**III. 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 PROM exercises
  - Ideal PROM: ER at 90 deg abduction: 115/120 deg
  - IR at 90 deg abduction: 55/60 deg
- Continue strengthening exercises:
  - Advanced Throwers ten program
  - Scapular neuromuscular control drills
  - Endurance training
    - Ply endurance program
- Initiate 1 hand plyometric throws with 1 hand
- Initiate interval sport program week 16-18 (Physician will determine)

**Weeks 18-20**

- Continue all exercise listed above (alternating day schedule at this time)
- Advanced Throwers Ten program
- Plyometrics
- Process interval sport program (throwing, etc.)

**IV. 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 assessment
- 3) Muscular strength that fulfills criteria to throw
- 4) No pain or tenderness

**Weeks 21-24**

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

**V. 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