

## Open Anterior Bankart Repair

### I. Phase I – Immediate Postoperative Phase

**Goals:** Protect the surgical procedure  
Minimize the effects of immobilization  
Diminish pain and inflammation  
Establish baseline proprioception and dynamic stabilization

#### Weeks 0-2

- Sling for comfort (1 week)
- MUST Sleep in immobilizer for 4 to 6 weeks
- Elbow/hand ROM
- Gripping exercises
- Passive ROM and active assistance ROM (L-bar)
  - Flexion to tolerance 0-90 degrees Week 1, 0-10 degrees at Week 2
  - ER/IR at 45 degrees abd scapular plane
  - Submaximal isometrics
  - No IR strengthening for 2-3 weeks
  - ER/IR proprioception drills
  - Cryotherapy, modalities as needed

#### Weeks 3-4

- Gradually progress ROM
  - Flexion to 120-140 degrees
  - ER/IR at 45 degrees abd scapular plane to 35-45 degrees
  - IR at 45 degrees abd in scapular plane to 45-60 degrees
  - Initiate light isotonic for shoulder musculature
  - Tubing for ER/IR
  - Abduction, full can, sidelying ER, prone rowing, biceps
  - Dynamic stabilization exercises, PNF
  - Initiate self-capsular stretching
  - Core stabilization program

#### Weeks 5-6

- Wean off Brace at Week 4-6
- Progress ROM as tolerated
- Flexion to 160 degrees (as tolerated)
- ER/IR at 90 degrees abduction
  - IR to 75 degrees
  - ER to 70-75 degrees
- Joint mobilization as necessary
- Continue self capsular stretching
- Progress all strengthening exercises
- Continue PNF diagonal patterns
- Throwers ten program
- Continue isotonic strengthening
- Dynamic stabilization exercises
- Initiate IR strengthening
- Close kinetic chain exercises
- Push-up on ball
  - Wall stabilization

Progress ROM to:

- ER at 90 degrees abduction: 80-85 degrees
- IR at 90 degrees abduction: 70-75 degrees
- Flexion 165-175 degrees

## II. **Phase II – Intermediate Phase**

Goals: Reestablish full ROM  
Normalize arthrokinematics  
Improve muscular strength  
Enhance neuromuscular control

### **Weeks 8-10**

- Progress to full ROM (week 7-8) – flexion 180 degrees, ER at 90-100 degrees, IR 75 degrees
- Continue all stretching exercises
  - Joint mobilization, capsular stretching, passive and active stretching
- In overhead athletes, maintain 90-100 degrees ER
- Continue strengthening exercises
  - Throwers ten program (for overhead athletes)
  - Isotonic strengthening for entire shoulder complex
  - PNF manual technique
  - Neuromuscular control drills
  - Isokinetic strengthening

### **Weeks 10-14**

- Continue all flexibility exercises
- Continue all strengthening exercises
- Two hand plyometrics week 10
  - Chest pass
  - Overhead
  - Side to side
- One hand plyo week 12
  - 90/90
  - Dribble
  - May initiate light isotonic machine weight training (week 12-14)

## III. **Phase III – Advanced Strengthening Phase (Months 4-6)**

Goals: Enhance muscular strength, power and endurance  
Improve muscular endurance  
Maintain mobility

### **Criteria to Enter Phase III**

- 1) Full ROM
- 2) Satisfactory stability
- 3) No pain or tenderness
- 4) Strength 70-80% of contralateral side

### **Weeks 14-20:**

- Continue all flexibility exercises
  - Self capsular stretches (anterior, posterior, and inferior)
  - Maintain ER flexibility

- Continue isotonic strengthening program
- Emphasize muscular balance (ER/IR)
- Continue PNF manual resistance
- May continue plyometrics
- Initiate interval sport program (physician approval necessary) week 16

**Weeks 20-24**

- Continue all exercise listed above
- Continue and progress all interval sport program (throwing off mound)

**IV. Phase IV – Return to Activity Phase (Months 6-9)**

**Goals:** Gradual return to sports activities  
Maintain strength and mobility of shoulder

**Criteria to Enter Phase IV**

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Satisfactory strength (isokinetics)
- 4) No pain or tenderness

**Exercises:**

- Continue capsular stretching to maintain mobility
- Continue strengthening program
  - Either throwers ten or fundamental shoulder exercise program
- Return to sport participation (unrestricted)
- For contact sports, consider shoulder brace