

## Guidelines for Arthroscopic Bankart Repair

### I. Early Protective Phase (0-5 weeks)

#### a. Goals:

- Protect surgical procedure
- Educate patient on procedure and therapeutic progression
- Regulate pain and control inflammation
- Initiate range of motion and dynamic stabilization

#### b. Treatment Plan (0-3weeks);

- Sling Immobilization for 5 weeks;
- Gripping exercises
- Elbow, wrist and hand ROM
- Pendulum exercises (weighted & unweighted)
- PROM to AAROM
- IR/ER proprioception training (controlled range)
- Initiate gentle alternating isometrics for IR/ER in scapular plane
- Initiate passive forward flexion to 90°
- Initiate scapular mobility

#### c. Treatment Plan (3-5 weeks);

- ROM Progression
  - Forward flexion to 110° - 130°
  - ER in scapular plane to 45°
  - IR in scapular plane to 60°
- Progress sub-maximal alternating Isometrics for IR/ER in scapular plane
- Initiate scapular strengthening
  - Manual scapula retraction
  - Resisted band retraction
    - No shoulder extension past trunk
- Isometrics in all directions
- Continue bicep/tricep strengthening
- Initiate light band work for IR/ER

#### d. Milestones for progression

- Forward flexion to 110° -130°
- ER in scapular plane to 45°
- IR in scapular plane to 60°
- Tolerance of submax Isometrics
- Knowledge of home care & contraindications
- Normalize mobility of related joints (AC/SC)

### II. Intermediate Phase (5 - 8 weeks)

#### a. Goals (general)

- Normalize arthrokinematics
- Gains in neuromuscular control

- Normalization of posterior shoulder flexibility

b. Treatment Plan

- ROM Progression
  - Forward flexion to 150° -165°
  - ER in scapular plane to 65°
  - Full IR in scapular plane
- Initiate joint mobilizations as necessary
- Initiate posterior capsular stretching
- Progress strengthening
  - IR/ER band in scapular plane
  - Side lying ER
  - Full can (no weight if substitution patterns)
  - CW/CCW ball against wall
  - Initiate PNF patterns In available range
  - Body blade at neutral or rhythmic stabilization

c. Milestones for progression

- Forward flexion to 150° -165°
- ER in scapular plane to 65°
- Full IR in scapular plane
- Symmetrical posterior capsule mobility
- Progressing isotonic strength with IR/ER in available range

### III. Strengthening Phase (8 - 14 weeks)

a. Goals (general)

- Normalize ROM
- Progression of strength
- Normalize scapulothoracic motion & strength
- Overhead activities without pain

b. Treatment Plan

- ROM Progression; Initiate IR/ER @90° of GH abduction
  - Within 10° of full AROM in all planes
- Progression of scapular retractors & stabilizers
  - Prone program; LT, MT, Rhmd
  - LT: scapular depression
- Progress strengthening
  - Challenging rhythmic stabilization
  - UBE: forward & retro
  - Bilateral ball against wall; progress w/ perturbation
  - Initiate Isokinetic IR/ER in scapular plane
  - Initiate IR/ER @ 90° of GH abduction
  - Isotonic strengthening; flex, abd
  - Closed kinetic chain (ckc) ther-ex

c. Milestones for progression

- Within 10° of full active range in scapular plane
- IR/ER <50% deficit
- <30% strength deficits; primary shoulder muscles & scapular stabilizers

**IV. Advanced Strengthening Phase (14 - 24 weeks)**

a. Goals (general)

- Pain free full ROM
- Improve muscular endurance
- Improve dynamic stability

b. Treatment Plan

- Maintain flexibility
- Progress strengthening
  - Advanced ckc ther-ex
  - Wall push-ups; w/wo ball
  - Continue w/ overhead strengthening
  - Continue w/ Isokinetic IR/ER strengthening; @90° of GH abduction
  - Advance isotonic strengthening
- Advance rhythmic stabilization training in various ranges and positions
- Initiate Plyometric strengthening
  - Chest passes
  - Trunk twists
  - Overhead passes
  - 90°/90° single arm plyos

c. Milestones for progression

- Strength deficits < 20% for IR/ER @ 90° of GH abduction
- <20% strength deficits throughout

**V. Return to Activity & Sport Phase (6 -9 months)**

a. Goals (general)

- Pain free full ROM
- Normalized strength
- Return to sport/activity program

b. Treatment Plan

- Continue Isokinetic training
- Continue w/ stability training
- Advance plyometric training
- Continue w/ ckc ther-ex

c. Milestones for Activity

- Strength deficits <10% throughout
- Normalized closed kinetic chain testing
- Completion of return to sport/activity program