

ARTHROSCOPIC POSTERIOR BANKART REPAIR

Phase I – Protection Phase (Day one to week 6)

NOTE: Avoid any internal rotation of the glenohumeral joint. Do not even measure internal rotation at the time of initial evaluation.

Goals:

- Protect glenohumeral joint capsule
- Retard muscular atrophy and rotator cuff shut down
- Educate patient in HEP and posterior capsule protection techniques

Day One to Week 2

- Patient to remain in sling at all times except when doing exercises
- Elbow/wrist ROM and hand gripping exercises in sling
- AAAROM (NO INTERNAL ROTATION)
 - Pendulum exercises
 - Elevation to 90°
 - ER at side to 30°

Weeks 2 – 4

- Continue to wear sling at all times except 4-5 times a day to perform exercises
- AAROM (NO INTERNAL ROTATION)
 - Continue pendulum exercises
 - Elevation to 120°
 - ER at 45° abd to 45°
- Sub-maximal Isometrics @ abduction (IR, ER, and ABD)
- Scapular strengthening (emphasize rhomboids, trapezius and serratus anterior)
 - elevation (shrugs)
 - retraction (scapular squeezes)

Weeks 4 – 6

- Discontinue use of sling per MD order
- AAROM:
 - Continue pendulum exercises
 - Elevation to 160°
 - ER to at abduction
- Strengthening Exercises:
 - Continue scapular strengthening (add protraction in supine position)
 - Begin tubing ER at side
 - Humeral head stabilizing exercises
- Begin upper extremity cycle

Phase II: Intermediate Phase (Weeks 6 – 12)

Goals:

- Full pain-free ROM with scapula stabilized
- Gradually increase strength and power
- Increase functional activities, decreasing residual pain

Weeks 6 – 8

- AAROM:
 - Elevation to 180⁰
 - IR to 45⁰ at 45⁰ abduction
 - ER to at abduction (do not push past 90/90 position)
- Strengthening:
 - Jobe's exercises (flexion/scaption to , sidelying ER, prone extension, prone horizontal abduction in neutral)
 - Resisted scapular elevation and retraction
 - Supine scapular protraction

Weeks 8 – 10

- Continue AAROM exercises
- Begin gentle capsular self-stretching program
- Strengthening:
 - Continue previous strengthening program gradually increasing resistance
 - Isokinetic strengthening for IR/ER in modified neutral
 - Resisted PNF patterns within ROM limitations

Weeks 10 – 12

- Continue previous ROM/flexibility program
- Continue strengthening program
- Isokinetic strength test at week 12 (IR/ER @ 60, 180, /sec and ABD/ADD in throwers)

Phase III: Advanced Stage (Weeks 12 – 20)

Goals:

- Continue to progress strength, power and endurance
- Improve neuromuscular control
- Begin functional activities

Weeks 12 – 16

- Continue ROM/flexibility program
- Progress strengthening program:
 - Bench press (narrow grip, arms in front of plane of body)

- Pull downs (narrow grip, in front of body)
- Shoulder press (dumbbells, in front of body, elbows close to side)
- Push-ups (narrow width, keep shoulders above elbow height)
- Initiate plyometric program (begin with 2 hands)

Weeks 16 – 20

- Progress strengthening program
- Continue flexibility program as needed
- Progress plyometric program
- Initiate interval program (throwing, tennis, golf, swimming etc.)

Phase IV: Return to Activity Phase (Week 20 – 24)

Goals:

- Progression of interval program
- Gradual return to unrestricted activities
- Maintain static and dynamic stability of shoulder joint

Weeks 20 – 24

- Progress interval throwing program
- Begin sport specific drills with gradual return to competition
- Continue independent flexibility and strengthening program

Criteria for return to play:

- When approved by physician
- Full functional ROM
- No pain or tenderness
- Satisfactory Isokinetic strength test
- Satisfactory clinical exam