

ANTERIOR BANKART RECONSTRUCTION (ARTHROSCOPIC)

Phase I – Immediate Motion Phase (Weeks 0 – 6)

Weeks 0 – 2:

- Sling for 4 weeks
- May take off swathe when good arm control
- Elbow/hand ROM and hand gripping exercises
- AAROM:
 - Flexion to 90⁰
 - ER to in scapular plane
 - IR to in scapular plane
 - Pendulum/Rope and pulley exercises
- Isometrics:
 - Abduction
 - ER/IR
 - Biceps (not for 6 weeks if SLAP lesion)
- Pain control modalities

Weeks 3 – 4:

- AAROM:
 - Flexion to 135⁰
 - ER to at abduction
 - IR to at abduction
- Strengthening:
 - Scapular strengthening exercises
 - Rhomboids
 - Middle/Lower Trapezius
 - Serratus anterior
 - Light T-band ER/IR with arm at side

Weeks 5 – 6:

- AAROM:
 - Flexion to 160⁰
 - ER/IR to tolerance in scapular plane

- ER/IR to at abduction
- Strengthening:
 - Initiate light isotonic (start with weight of arm and progress 1#/wk if good form)
 - Supraspinatus
 - ER/IR
 - Prone horizontal abduction
 - Biceps (not if SLAP lesion)
 - Manual resisted diagonal patterns
- Initiate light rhythmic stabilization/proprioception drills
- Initiate UBE

Phase II – Intermediate Phase (Weeks 7 – 15)

Weeks 7 – 9:

- AAROM (progress to full ROM):
 - Flexion to 180⁰
 - ER to 90° at 90° abduction
 - IR to 85° at 90° abduction
 - Begin gentle self-capsular stretches
- Strengthening:
 - Progress weight/reps of RTC and scapular strengthening program
- Progress proprioception drills to single arm and closed chain with ball against wall

Weeks 10 – 15:

- Continue ROM/flexibility exercises
- Continue self-capsular stretches
- Strengthening:
 - Continue RTC/scapular strengthening program
 - Initiate isokinetic strengthening in neutral (high speed/high reps)
 - Initiate general shoulder strengthening with shoulder precautions at 12 weeks
 - 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 (2 handed → 1 handed)
- Isokinetic ER/IR test in modified neutral (90 & 180°/sec) at 12 weeks

Phase III – Advanced Phase (Weeks 16 – 23)

- Continue all flexibility exercises:
 - ER/IR stretch
 - Flexion stretch
 - Self-capsular stretches
- Continue RTC, scapular and general shoulder strengthening with precautions
- Initiate interval sport program

Begin throwing program

Begin hitting (progress from tee → soft toss → live hitting over 3 – 4 weeks)

Phase IV – Return to Activity Phase (Weeks 24 – 36)

- Continue flexibility program
- Continue strengthening program
- Progress interval sport program
 - Progress from long toss to level ground pitching to off the mound
- Testing for throwers:
 - Isokinetic test for Abd/Add and ER/IR at 90° abd at 60, 180 and 300°/sec

Criteria for return to play:

- Physician approval
- Satisfactory ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program