OPEN ANTERIOR BANKART REPAIR

I. Phase I – Immediate Postoperative Phase

Goals: Protect the surgical procedure
Minimize the effects of immoblization
Diminish pain and inflammation
Establish baseline proprioception and dynamic stablization

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 isotonics 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 patters
- Throwers ten program
- Continue isotonic strengthening
- Dynamic stabilization exercises
- Initiate IR strengthening
- Close kinetic chain exercises
  - Push-up on ball
  - Wall stabilization

Progess 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

- Progess 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 atheletes)
  - 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 mobilirty

Criteria to Enter Phase III

1) Full ROM
2) Satisfactory stability
3) No pain or tenderness

- 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
- Intiate 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