Arthroscopic Revision Anterior Bankart Repair

Precautions:
- No excessive external rotation of the shoulder for 6-8 weeks
- No excessive horizontal abduction for 8-10 weeks
- Sleep in sling/brace for 4-6 weeks (Physician will determine)
- No throwing motions until cleared allowed by Physician
- No bench press, push-ups, etc. until cleared by Physician

I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Weeks 0-6)

Goals:
Protect the anatomic repair
Prevent negative effects of immobilization
Prevent muscular atrophy
Promote dynamic stability and proprioception
Diminish pain and inflammation

Weeks 0-2
- Sling for 4-6 weeks for protection
- Sleep in immobilizer for 4-6 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees week 1
  - Flexion to 75 degrees week 2
  - ER/IR with arm 30 degrees abduction
    - ER to 5-10 degrees
    - IR to 35 degrees
  **NO active ER, horizontal abduction or Extension or Abduction**
- Submaximal isometrics for shoulder musculature
  - ER, IR, Abduction, Flexion
- Seated scapular isometrics in sling/brace
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 3-4
- Continue use of sling
- Use immobilizer for sleep **to be discontinued when directed by physician**
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR at 45 degrees abduction in scapular plane
  - ER in scapular plane to 15-20 degrees
  - IR in scapular plane to 55-60 degrees
  **NOTE: Rate of progression based on eval of the patient & patient’s end feel**
- No excessive ER, extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Initiate scapular neuromuscular control exercises
- Postural corrective exercises
- Core stabilization program
- Initiate scapular strengthening program
- Continue use of cryotherapy
Weeks 5-6
- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 55-50 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- Initiate exercise tubing ER/IR (arm at side with towel roll)
- Initiate full can to 90 degrees
- Initiate lateral raises to 90 degrees
- Scapular strengthening
  - Standing tubing scapular retraction
  - Standing shoulder extension to neutral
  - Standing dynamic hugs
- Initiate biceps/triceps strengthening

II. Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)
Goals: Gradually restore full ROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Enhance neuromuscular control & enhance dynamic stabilization

Weeks 7-9
- Gradually progress ROM;
  - Flexion to 160 degrees
  - Initiate ER/IR at 90 degrees abd
  - ER at 90 degrees abduction: 70-75 degrees at week 7
  - ER to 90 degrees at weeks 8-9
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Initiate Thrower’s Ten Program
- Initiate lower trapezius program
- Scapular neuromuscular control drills

Weeks 10-14
- ROM Progression:
  - Week 8-9: ER at 90 degrees of abduction: 90 deg of ER
  - Week 10-12: gradually increase ER to 115 deg on the table PROM
  - May initiate slightly more aggressive strengthening
  - Progress isotonic strengthening exercises
  - Week 12: progress to advanced throwers ten program
  - Continue all stretching exercises
  - **Progress ROM to functional demands (i.e. overhead athlete)
  - Progress to isotonic strengthening (light and restricted ROM)
  - 2 hand plyometrics at week 14

III. Phase III – Minimal Protection Phase (Week 15-20)
Goals: Maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Criteria to Enter Phase III
1) Full non-painful ROM
2) Satisfactory stability
3) Muscular strength (good grade or better)
4) No pain or tenderness
Weeks 15-18

- Continue all PROM exercises
  - Ideal PROM: ER at 90 deg abduction: 115/120 deg
  - IR at 90 deg abduction: 55/60 deg
- Continue strengthening exercises:
  - Advanced Throwers ten program
  - Scapular neuromuscular control drills
  - Endurance training
    - Ply endurance program
- Initiate 1 hand plyometric throws with 1 hand
- Initiate interval sport program week 16-18 (Physician will determine)

Weeks 18-20

- Continue all exercise listed above (alternating day schedule at this time)
- Advanced Throwers Ten program
- Plyometrics
- Process interval sport program (throwing, etc.)

IV. Phase IV – Advanced Strengthening Phase (Weeks 21-24)

Goals:
- Enhance muscular strength, power and endurance
- Progress functional activities
- Maintain shoulder mobility

Criteria to Enter Phase IV

1) Full non-painful ROM
2) Satisfactory static stability assessment
3) Muscular strength that fulfills criteria to throw
4) No pain or tenderness

Weeks 21-24

- Continue flexibility exercises
- Continue isotonic strengthening program
- NM control drills
- Plyometric strengthening
- Progress interval sport programs

V. Phase V – Return to Activity Phase (Months 7-9)

Goals:
- Gradual return to sport activities
- Maintain strength, mobility and stability

Criteria to Enter Phase V

1) Full functional ROM
2) Satisfactory isokinetic test that fulfills criteria
3) Satisfactory shoulder stability
4) No pain or tenderness

Exercises

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program