

ARTHROSCOPIC ANTERIOR BANKART REPAIR

Phase I – Immediate Postoperative Phase: Restrictive Motion	
Goals	<ol style="list-style-type: none"> 1. Protect the anatomic repair 2. Prevent negative effects of immobilization 3. Promote dynamic stability and proprioception 4. Diminish pain and inflammation
Weeks 0 – 2	<ul style="list-style-type: none"> ▪ Sling for 2 – 4 weeks ▪ Sleep in immobilizer for 6 weeks ▪ Elbow/hand ROM, pendular exercises ▪ Hand gripping exercises ▪ Cryotherapy, modalities as indicated
Week 2	<ul style="list-style-type: none"> ▪ PROM and gentle AAROM <ul style="list-style-type: none"> ○ Flexion to 90° week 2 ○ ER/IR with arm 30° abduction ○ ER to 5 – 10° ○ IR to 45° ▪ **NO active ER or Extension or Abduction ▪ Submaximal shoulder isometrics
Weeks 3 – 4	<ul style="list-style-type: none"> ▪ Discontinue use of sling during day (week 4) ▪ Use immobilizer for sleep ▪ Continue gentle ROM exercises (PROM and AAROM) <ul style="list-style-type: none"> ○ Flexion to 90° ○ Abduction to 90° ○ ER/IR at 45° abd in scapular plane ○ ER in scapular plane to 15-20° ○ IR in scapular plane to 55-60° ▪ Rhythmic stabilization and proprioception drills ▪ Core stabilization program <p>Continue use of cryotherapy **NOTE: Rate of progression based on evaluation of the patient No excessive ER, extension or elevation</p>
Weeks 5 – 6	<ul style="list-style-type: none"> ▪ Gradually improve ROM <ul style="list-style-type: none"> ○ Flexion to 140° ○ ER at 45 degrees abduction: 55-50° ○ IR at 45 degrees abduction: 55-60° ▪ May initiate stretching exercises (at 6 weeks) ▪ Initiate exercise tubing ER/IR (arm at side) ▪ Scapular strengthening ▪ PNF manual resistance

SHOULDER AND ELBOW

Phone :
 (416) 603-5929

Fax :
 (866) 223-6624

Email :
 christian.veillette@uhn.ca

Website :
 UHNArthritisProgram.ca



Phase II – Intermediate Phase: Moderate Protection Phase	
Goals	<ol style="list-style-type: none"> 1. Gradually restore full ROM (week 10) 2. Preserve the integrity of the surgical repair 3. Restore muscular strength and balance 4. Enhance neuromuscular control
Week 7 – 9	<ul style="list-style-type: none"> ▪ Gradually progress ROM <ul style="list-style-type: none"> ○ Flexion to 160° ○ ER at 90° abduction: 70-80° at week 7 ○ ER to 90° at weeks 8-9 ○ IR at 90° abduction: 70-75° ▪ Initiate ER/IR at 90° abduction ▪ Arm ergometer for endurance training ▪ Continue to progress isotonic strengthening program ▪ Continue PNF strengthening
Weeks 10-14	<ul style="list-style-type: none"> ▪ Progress isotonic strengthening exercises ▪ Continue all stretching exercises ▪ Capsular stretches <p>**Progress ROM to functional demands (i.e. overhead athlete) Progress to isotonic strengthening (light and restricted ROM)</p>
Phase III – Minimal Protection Phase	
Goals	<ol style="list-style-type: none"> 1. Maintain full ROM 2. Improve muscular strength, power and endurance 3. Gradually initiate functional activities
Criteria to Enter Phase III	<ol style="list-style-type: none"> 1. Full non-painful ROM 2. Satisfactory stability 3. Muscular strength (good grade or better) 4. No pain or tenderness
Weeks 15-20	<ul style="list-style-type: none"> ▪ Continue all stretching (+ capsular stretches) and strengthening exercises ▪ Throwers ten program or fundamental exercises ▪ PNF manual resistance ▪ Endurance training (e.g. arm ergometer) ▪ Restricted sport activities (light swimming, half golf swings) ▪ Initiate interval sport program
Phase IV – Advanced Strengthening Phase	
Goals	<ol style="list-style-type: none"> 1. Enhances muscular strength, power and endurance 2. Progress functional activities 3. Maintain shoulder mobility
Criteria to Enter Phase IV	<ol style="list-style-type: none"> 1. Full non-painful ROM 2. Satisfactory static stability 3. Muscular strength 75-80% of contralateral side 4. No pain or tenderness
Weeks 21-24	<ul style="list-style-type: none"> ▪ Continue flexibility exercises ▪ Continue isotonic strengthening program ▪ Neuromuscular control drills

SHOULDER AND ELBOW

Phone :
 (416) 603-5929

Fax :
 (866) 223-6624

Email :
 christian.veillette@uhn.ca

Website :
 UHNArthritisProgram.ca



	<ul style="list-style-type: none"> ▪ Plyometric strengthening ▪ Progress interval sport programs
Phase V – Return to Activity Phase	
Goals	<ul style="list-style-type: none"> ▪ Gradual return to sport activities ▪ Maintain strength, mobility and stability
Criteria to Enter Phase V	<ol style="list-style-type: none"> 1. Full functional ROM 2. Satisfactory isokinetic test that fulfills criteria 3. Satisfactory shoulder stability 4. No pain or tenderness <ul style="list-style-type: none"> ▪ Gradually progress sport activities to unrestrictive participation ▪ Continue stretching and strengthening program

Special Instructions for the Therapist	

SHOULDER AND ELBOW

Phone :
 (416) 603-5929

Fax :
 (866) 223-6624

Email :
 christian.veillette@uhn.ca

Website :
 UHNArthritisProgram.ca

