

ARTHROSCOPIC POSTERIOR 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 40-45° ○ IR to 5-10° ▪ **NO active IR or Extension or Abduction ▪ Submaximal shoulder isometrics
Week 3-4	<ul style="list-style-type: none"> ▪ Discontinue use of sling during day (week 4) ▪ Us 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 55-60° ○ IR in scapular plane to 15-20° ▪ Rhythmic stabilization and proprioception drills ▪ Core stabilization program ▪ Initiate scapular strengthening program <p>Continue use of cryotherapy **NOTE: Rate of progression based on evaluation of the patient No excessive IR, extension or elevation</p>
Week 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

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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
Weeks 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 <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 (<u>good grade or better</u>) 4. No pain or tenderness
Weeks 15-18	<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. 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

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	<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 (Months 7-9)	<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 unrestricted participation ▪ Continue stretching and strengthening program

Special Instructions for the Therapist	

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