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**ARTHROSCOPIC ANTERIOR BANKART REPAIR
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL
FOR OVERHEAD ATHLETES**

PHASE I – IMMEDIATE POSTOPERATIVE PHASE (Postoperative day 1 to Week 6)

Goals:

- Protection of anatomic Bankart repair
- Control postoperative pain / inflammation
- Promotion of shoulder musculature co-contraction
- Retard muscular atrophy
- Early controlled motion glenohumeral / scapulothoracic joints

Weeks 0-2

- Sling 4 weeks or per MD recommendation
- Sleep in shoulder sling / brace for 4 weeks
- Elbow, wrist, hand ROM, gripping exercise
- PROM / light AAROM glenohumeral joint
 - Flexion to 60 degrees (week 1)
 - Flexion to 70-75 degrees (week 2)
 - ER to 10 degrees
 - IR to 30 degrees
- Submaximal isometrics for shoulder musculature
- No active shoulder ER / Extension / Abduction
- Initiate proprioceptive training end of week 1

Weeks 3-4

- Discontinue sling / immobilizer at 3-4 weeks or per MD recommendation
- Continue PROM / AAROM (progression based on evaluation of patient and subjective patient report)
 - Flexion to 90 degrees
 - Abduction to 80 degrees
 - ER to 30 degrees

- IR to 40 degrees
- Initiate scapular neuromusculature reeducation (rhythmic stabilization)
- Continue shoulder isometrics (no bicep contractions)
- Initiate shoulder isotonic program at 0 deg of shoulder abduction ER / IR
- Cryotherapy with progression to heat at week 3

Weeks 5-6:

- Gradually improve ROM of shoulder
- Flexion to 145 degrees
- ER at 45 degrees abduction: 45-50 degrees
- ER at 45 degrees abduction: 55-60 degrees
- At 6 weeks begin slow progression toward ER at 90° abduction – progress to 30-40° ER
- May initiate stretching exercises
- Continue isotonic tubing ER/IR (arm at side)
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- NO Biceps Strengthening

PHASE II – INTERMEDIATE PHASE WITH MODERATE PROTECTION (Weeks 7-14)

Goals:

- Gradually restore full ROM (week 8-10)
- Protect the integrity of the surgical repair
- Restore muscular strength and balance

Weeks 7-10:

- Gradually progress ROM:
- Flexion to 180 degrees
- ER at 90 degrees abduction: 90-95 degrees
- IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate Throwers Ten Program

Weeks 11-12:

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion

- ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises to include manual resistance
- Continue all stretching exercises
- Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises

PHASE III – MINIMAL PROTECION PHASE (Weeks 12-20)

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

Goals:

- Establish and maintain full ROM (throwers motion)
- IMPROVE muscular strength, INITIATE power and endurance
- Gradually initiate functional activities

Weeks 14-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (emphasis on shoulder ER)
- Continue strengthening exercises:
- Throwers Ten Program with progression to Advanced Throwers Program
- PNF Manual Resistance
- Endurance training (stabilization/perturbation at end range 90/90 position)
- Initiate light plyometric program
- Restricted sport activities (light swimming, half golf swings)

Weeks 16-20:

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program / Advanced Throwers 10 program
- Continue Plyometric Program (90/90 positioning plyos)
- Initiate interval sport program (throwing)

PHASE IV – ADVANCED STRENGTHENING PHASE (Weeks 20-26)

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Goals:

- Enhanced muscular strength, power and endurance
- Progress functional activities
- Maintain shoulder mobility

Weeks 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs

PHASE V – RETURN TO ACTIVITY PHASE (Months 6 to 9)

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability upon examination
- 4) No pain or tenderness

Goals:

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

Exercises:

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

