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Bankart Repair Rehabilitation Protocol

This rehabilitation program's goal is to return the patient/athlete to activity/sport as quickly and safely as possible. The program is based on muscle physiology, biomechanics, anatomy, and healing response.

Phase 1: Immediate Postoperative Phase

Goals:

- Protect the surgical site
- Minimize the effects of mobilization
- Diminish pain and inflammation

Weeks 0-2

- Sling for comfort (1 week)
- May wear immobilizer for sleep (2 weeks)
- Elbow/hand ROM
- Gripping exercises
- Passive ROM and active-assisted ROM (L-bar)
 - Flexion to tolerance
 - Abduction to tolerance
 - Internal rotation in the scapular plane
 - No external rotation until week 4
- Submaximal isometrics
- Rhythmic stabilization
- Cold Therapy, modalities as need

Weeks 3-4

- Gradually progress ROM
 - Flexion to 120-140 degrees
 - Internal rotation in the scapular plane to 45-60 degrees
 - Initiate external rotation in scapular plane to 15 degrees (week 4)
 - Shoulder extension
- Initiate light isotonic for the shoulder musculature
 - Tubing for internal rotation
 - Dumbbell exercises for the deltoid, biceps, and scapular musculature
 - Continue dynamic stabilization exercises, PNF
- Initiate self-assisted capsular stretching
- Progress ROM as tolerated
 - Flexion to 160 degrees (maximum)

- Internal rotation at 90 degrees abduction to 75 degrees
- External rotation at 90 degrees abduction to 0-30 degrees (week 4)
- Shoulder extension to 30-35 degrees
- Joint mobilization, stretching, etc
- Continue self-assisted capsular stretching
- Upper body ergometer with the arm at 90 degrees abduction
- Progress all strengthening exercises
- Continue PNF diagonal patterns (rhythmic stabilization techniques)
- Continue isotonic strengthening
- Dynamic stabilization exercises

Weeks 5-7

- Progress ROM to full
- External rotation at 90 degrees abduction: 45-60 degrees
- Internal rotation at 90 degrees abduction: 70-75 degrees
- Flexion 165-175 degrees

Phase 2: Intermediate Phase

Goals:

- Re-establish full ROM
- Normalize arthrokinematics
- Improve muscular strength
- Enhance neuromuscular control

Weeks 8-10

- Progress to full ROM (weeks 7-8)
- Continue all stretching exercises
- Joint mobilization, capsular stretching, passive and active stretching
- In overhead athletes, progress external rotation past 90 degrees
- In non-overhead athletes, maintain 90 degree external rotation
- Continue strengthening exercises
- “Thrower’s Ten” program (for overhead athletes)
- 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
- May initiate light plyometric exercises
- May initiate controlled swimming, golf etc

Phase 3: Advanced Strengthening Phase (months 4-6)

Criteria for Progression to Phase 3

- Full ROM

- No pain or tenderness
- Satisfactory stability
- Strength 70%-80% of contralateral side

Goals:

- Enhance muscular strength, power, endurance
- Improve muscular endurance
- Maintain mobility

Weeks 14-20

- Continue all flexibility exercises
Self assisted capsular stretches (anterior, posterior, and inferior)
Main external rotation flexibility
- Continue isotonic strengthening program
- Emphasize muscular balance (external and internal rotation)
- Continue PNF manual resistance
- May initiate and continue plyometrics
- Initiate interval throwing program (physician's approval necessary)

Weeks 20-24

- Continue all exercises listed above
- Continue and progress all elements of the interval sport program (throwing etc.)

Phase 4: Return to Activity Phase (months 4-6)

Criteria for Progression to Phase 4

- Full nonpainful ROM
- Satisfactory stability
- Satisfactory strength (isokinetics)
- No pain or tenderness

Goals:

- Gradual return to sport activities
- Maintain strength and mobility of shoulder

Exercises:

- Continue capsular stretching to maintain mobility
- Continue strengthening program
"Thrower's Ten" or fundamental shoulder exercise program
- Return to sport participation