



Arthroscopic Anterior Bankart Repair

I. PHASE 1 – IMMEDIATE POSTOPERATIVE PHASE “RESTRICTIVE Motion” (Weeks 0-6)

Goals:

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability and proprioception
- Diminish pain and inflammation

Weeks 0-2

- Sling for 6 weeks for comfort
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
 - Flexion to 70° week 1
 - Flexion to 90° week 2
 - ER/IR with arm 30 degrees abduction
 - ER to 5-10°
 - IR to 45°
- **NO active ER or extension or abduction
- Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 3-4

- Continue gentle ROM exercises (PROM and AAROM)
 - 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°
- NOTE: Rate of progression based on evaluation of the patient
- No excessive ER, extension, or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program



- Initiate scapular strengthening program
- Continue use of cryotherapy

Weeks 5-6

- Discontinue sling at 6 weeks
- Gradually improve ROM
 - Flexion to 145°
 - ER at 45° abduction; 55-60°
 - IR at 45° abduction; 55-60°
- May initiate stretching exercises
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance

I. 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

Weeks 7-9

- Gradually progress ROM
 - Flexion to 160°
 - Initiate ER/IR at 90° abd
 - ER at 90° abduction: 70-80° at week 7
 - ER to 90° at weeks 8-9
 - IR at 90° abduction: 70-75°
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

Weeks 10-14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- **Progress ROM to functional demands (i.e., overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)



Criteria to Progress to Phase III

- Full non-painful ROM
- Satisfactory stability
- Muscular strength (good grade or better)
- No pain or tenderness

II. PHASE III – MINIMAL PROTECTION PHSAE (Week 14-20)

PT to see a minimum of 2x/month

Goals:

- Maintain full ROM
- Improve muscular strength, power, and endurance
- Gradually initiate functional activities

Weeks 15-18

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises
 - Throwers Ten program or fundamental exercises
 - PNF manual resistance
 - Endurance training
 - Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program week 16-18

Weeks 18-20

- Continue all exercises listed above
- Process interval sport program (throwing, etc.)

Criteria to Progress to Phase IV

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

III. PHASE IV – ADVANCED STRENGTHENING PHASE (Weeks 21-24)

Goals:

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



Weeks 21-24

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

Criteria to Progress to Phase V

- Full functional ROM
- Satisfactory isokinetic test that fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness

IV. **PHASE V – RETURN TO ACTIVITY PHASE (Months 7-9)**

Goals:

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

Exercises:

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