



**NEWTON-WELLESLEY
SPORTS MEDICINE**

Keep doing what you love



**MASSACHUSETTS
GENERAL HOSPITAL**

Sports Medicine

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REHAB PROTOCOL: 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 – 3

- Sling for ___ 4 / 6 ___ weeks
- Sleep in immobilize/swath for ___ 6 ___ weeks
- Elbow/Hand ROM
- Hand gripping exercises
- ROM restricted:

***** NO active ER or extension or Abduction**

- Submaximal isometrics for shoulder musculature
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 3 – 4

- Discontinue use of sling (if directed by surgeon)
- Use of immobilizer for sleep as listed above
- Start gentle ROM exercises (PROM and AAROM)
 - Flexion to ___ 120 ___ degrees
 - Abduction to ___ 60 ___ degrees
 - ER/IR at 45 degrees abd in scapular plane
 - ER in scapular plane to ___ 30 ___ degrees
 - IR in scapular plane to 55-60 degrees
- ***NOTE: Rate of progression based on evaluation of 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

- Gradually improve ROM
 - Flexion to ___ 140 ___ degrees
 - ER at 45 degrees Abduction: 55-50 degrees
 - IR at 45 degrees Abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercises tubing ER/IR (arm at side)



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- Scapular strengthening
- PNF manual resistance

II. **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 degrees
 - Initiate ER/IR at 90 degrees abd
 - ER at 90 degrees abduction: 70-80 degrees at week 7
 - ER to 90 degrees at weeks 8-9
 - IR at 90 degrees abduction: 70 – 75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

III. **PHASE III – Minimal Protection Phase (Week 15 – 20)**

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

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

Weeks 15 – 16

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercise:
 - Thrower 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 exercise listed above
- Process interval sport program (throwing, etc.)

IV. **PHASE IV – Advanced Strengthening Phase (Weeks 21 – 24)**

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

Criteria to Enter Phase IV

- 1) Full functional ROM
- 2) Satisfactory isokinetic test that fulfills criteria
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness



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Exercises

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