

## **BANKART REPAIR PROTOCOL**

This rehabilitation protocol has been developed for the patient following Bankart surgical procedure for anterior shoulder instability. The protocol is divided into phases. Each phase is adaptable based on the individual and special circumstances. Immediately post-operatively, exercises must be modified so as not to place unnecessary stress on the anterior joint capsule of the shoulder.

Early passive range of motion is highly beneficial to enhance circulation within the joint to promote healing. The **overall goals** of the surgical procedure and rehabilitation are to:

- Control pain and inflammation
- Regain normal upper extremity strength and endurance
- Regain normal shoulder range of motion
- Achieve the level of function based on the orthopedic and patient goals

The physical therapy should be initiated within the first week to two weeks post-op. The supervised rehabilitation program is to be supplemented by a home fitness program where the patient performs the given exercises at home or at a gym facility.

**Important post-operative signs** to monitor include:

- Swelling of the shoulder and surrounding soft tissue
- Abnormal pain response, hypersensitive-an increase in night pain
- Severe range of motion limitations
- Weakness in the upper extremity musculature

**Return to activity** requires both time and clinical evaluation. To most safely and efficiently return to normal or high level functional activity, the patient requires adequate strength, flexibility, and endurance. Functional evaluation including strength and range of motion testing is one method of evaluating a patient's readiness to return to activity. Return to intense activities following a Bankart repair requires both a strenuous strengthening and range of motion program along with a period of time to allow for tissue healing. Symptoms such as pain, swelling, or instability should be closely monitored by the patient.

**Phase 1: Week 1-3  
 Bankart Repair**

<b>WEEK</b>	<b>EXERCISE</b>	<b>GOAL</b>
1-3	ROM	Gradual ↑
	Passive range of motion-scapular plane	
	External rotation	0-10° wk 2 0-20° wk 3
	Internal rotation	0-45° wk 2 0-60° wk 3
	Passive and AAROM	
	Flexion/Elevation	0-60° wk 2 0-90° wk 3
	Pendulum exercises	
	Rope/Pulley (flex, scaption)	
	Wand exercises-all planes within limitations	
	Posterior capsule stretch	
	Manual stretching and Grade I-II joint mobilizations	
	<b>NO ACTIVE ER, ABDUCTION, OR EXTENSION</b>	
	STRENGTH	
	Initiate submaximal isometrics-PAIN FREE	
	BRACE	
	Shoulder brace up to 3 weeks	
	Brace removed for exercises above	
	MODALITIES	
	E-stim as needed	
	Ice 15-20 minutes	

**GOALS OF PHASE:**

- Promote healing of tissue
- Control pain and inflammation
- Gradual increase in ROM
- Independent in HEP
- Initiate muscle contraction

**Phase 2: Week 3-6  
 Bankart Repair**

<b>WEEK</b>	<b>EXERCISE</b>	<b>GOAL</b>
3-6	ROM	Gradual ↑
	Passive and AAROM-scapular plane	
	External rotation	0-45° wk 6
	Internal rotation	Full ROM wk 6
	Passive and AAROM	
	Flexion/Elevation	0-140° wk 6
	Pendulum exercises	
	Posterior capsule stretch	
	Rope/Pulley (flex, abd, scaption)	
	Wand exercises-all planes within limitations	
	Manual stretching and Grade II-III to reach goals	
	STRENGTH	
	Continue isometric activities as in Phase 1	
	Initiate supine rhythmic stabilization at 90° flexion	
	Initiate UBE for endurance	
	Initiate IR/ER at neutral with tubing	
	Initiate sidelying ER	
	Push-up progression	
	Prone horizontal abduction (100°, 90°), extension	
	Initiate flexion, scaption, empty can	
	Initiate scapular stabilizer strengthening	
	Concentrate on eccentric activities	
	BRACE	
	Discontinue brace end of week 3	
	MODALITIES	
	Ice 15-20 minutes	

**GOALS OF PHASE:**

- Control pain and inflammation
- Enhance upper extremity strength
- Gradual increase in ROM

**Phase 3: Week 6-12**  
**Bankart Repair**

<b>WEEK</b>	<b>EXERCISE</b>	<b>GOAL</b>
6-12	ROM	Full ROM 10 wks
	Passive and AAROM-scapular plane	
	External rotation-90° abduction	0-75° wk 8
	Passive and AAROM	
	Flexion/Elevation	0-160° wk 8
	<b>STRENGTH</b>	
	Continue all strengthening from previous phases increasing resistance and repetition	
	Initiate plyotoss chest pass at wk 8-10	
	Initiate PNF patterns with theraband	
	Manual resisted PNF patterns in supine	
	UBE for strength and endurance	
	Initiate isokinetic IR/ER at neutral at wk 10-12	
	<b>MODALITIES</b>	
	Ice 15-20 minutes	

**GOALS OF PHASE:**

- Minimize pain and swelling
- Reach full ROM
- Improve upper extremity strength and endurance
- Enhance neuromuscular control
- Normalize arthrokinematics

**Phase 4: Week 12-24**  
**Bankart Repair**

**WEEK**  
12-24

**EXERCISE**

ROM

Continue with all ROM activities from previous phases  
Posterior capsule stretching  
Towel stretching  
Grade III-IV joint mobs as needed for full ROM

STRENGTH

Progress strengthening program with increase in resistance and high speed repetition  
Progress with eccentric strengthening of posterior cuff and scapular musculature  
Initiate single arm plyotoss  
Progress rhythmic stabilization activities to include standing PNF patterns with tubing  
UBE for strength and endurance  
Initiate military press, bench press, and lat pulldowns  
Initiate sport specific drills and functional activities  
Initiate interval throwing program week 16  
Initiate light plyometric program week 12-16  
Progress isokinetics to 90° of abduction at high speeds

MODALITIES

Ice 15-20 minutes

**GOALS OF PHASE:**

- Full ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional training