

# KNEEbraska

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### **REHABILITATION GUIDELINES: SHOULDER Anterior Bankart Repair**

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#### **I. Phase I – 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 2-3 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 degrees week 1
  - Flexion to 90 degrees week 2
  - ER/IR with arm 30 degrees abduction
    - ER to 5-10 degrees
    - IR to 45 degrees
- Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

##### **Weeks 3-4**

- Discontinue use of sling at week 4
- Use immobilizer for sleep **\*\* to be discontinued at 4 weeks unless otherwise directed by physician**
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR at 45 degrees abd in scapular plane
  - ER in scapular plane to 15-20 degrees
  - IR in scapular plane to 55-60 degrees
- **\*\*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**

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 55-50 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance

#### **II. Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)**

Goals: Gradually restore full ROM (week 10)

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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

### **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)

### **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 15-18**

- 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 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 non-painful ROM
- 2) Satisfactory static stability

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- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

### **Weeks 21-24**

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

### **V. Phase V – Return to Activity Phase (Months 7-9)**

Goals: Gradual return to sport activities  
Maintain strength, mobility and stability

#### **Criteria to Enter Phase V**

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

#### **Exercises**

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