

Open Bankart Repair Rehabilitation Protocol

A Bankart lesion is a tear of the anterior labrum and capsule from the rim of the glenoid fossa. A Bankart repair is the suturing of the anterior shoulder capsule to the anterior glenoid rim. This is often done in conjunction with a capsular shift.

	<u>BICEPS TENODESIS PRECAUTIONS:</u>
	1. No Resisted elbow flexion for 8 weeks
	2. No Resisted shoulder flexion for 8 weeks
Only follow if checked	

I. **Phase One – Maximum Protection Phase (0 – 6 weeks)**

Goals: Protect surgical site
 Decrease pain and swelling
 Maintain ROM
 Minimize muscle atrophy

A. **Week 0 - 2**

1. Wear immobilizer / sling for 4–6 weeks including sleep (per physician)
2. Elbow, hand, and cervical ROM
3. Grip and wrist strength
4. Pendulum exercises
5. PROM/AAROM within limits
 - a. Flexion and ABD to 90 degrees
 - b. Pulley / cane exercises
 - c. Gentle IR/ER in scapular plane
6. No active ER or ABD or extension past neutral
7. Scapular mobilization (move scapula and humerus as one)
8. Submaximal isometrics all planes
9. Cryotherapy, electrical stimulation, massage as needed for pain control
10. Postural education and exercises
11. Begin scar massage when appropriate

B. **Week 3 – 4**

1. Gradually progress PROM/AAROM
 - a. Flexion and scapular plane ABD as tolerated
 - b. ER in scapular plane to 45
 - c. IR in scapular plane to 45 – 60 degrees
2. Scapular strengthening (protract and retraction) and scapular PNF
3. Initiate light isotonic
 - a. Scapular muscles
 - b. Wrist and forearm
 - c. Elbow – low resistance, high reps
4. Light weightbearing exercises

C. Week 5 - 6

1. Continue PROM/AAROM
 - a. Flexion to 160 degrees
 - b. ER/IR at 90 degrees ABD:
 1. ER to 75 degrees
 2. IR to 70 – 75 degrees
 - c. Shoulder extension to 30 – 35 degrees
2. AROM for flexion, scapular plane ABD
 - a. Antigravity as tolerated
 - b. No resistance until 30 repetitions with perfect mechanics
3. Light resistance theraband for IR/ER
4. UBE
5. Proprioceptive exercises and bodyblade
 - a. Wall alphabet
 - b. Prone on elbows, quadruped
 - c. Rhythmic stabilization at 45° to 90°
6. Joint mobilization
7. Self capsular stretching
8. PNF diagonal patterns

II. Phase II – Moderate Protection Phase (Week 7 – 12)

Goals: Full ROM by week 8
Normalize arthrokinematics
Improve strength
Enhance neuromuscular control

A. Week 7 – 8

1. Increase AROM exercises as tolerated
 - a. Serratus anterior
 - b. Upper and low trap
2. Eccentric exercise in protected ranges
3. GH joint mobilizations
4. Increase proprioceptive exercise, neuromuscular control drills
5. Bodyblade at 90/90 position
6. Start UE resistance exercises in pool
7. Continue PROM, capsular stretches and passive and active stretches

B. Week 9 – 12

1. Emphasis on gaining strength and endurance
2. PNF patterns with resistance
3. Isotonic strengthening for entire shoulder complex
4. Initiate light plyometrics

III. Phase III – Advanced Strengthening Phase (3 – 6 months)

Goals: Maintain ROM

Enhance muscular strength, power and endurance

Criteria to enter Phase III:

1. Full ROM
2. No pain or tenderness
3. Satisfactory stability
4. Strength 70 – 80 percent of uninvolved side

A. Week 13 - 20

1. Aggressive stretching, continue all flexibility exercises
2. Strenuous resistive exercises
3. Light throwing exercises with attention to proper mechanics (physician approval necessary)
4. Emphasize muscle balance (ER/IR)
5. Increase plyometric exercises

B. Week 20 - 24

1. Increase throwing program
2. Continue above exercises

IV. Phase IV – Return to Activity Phase (6 – 9 months)

Goals: Gradual return to sport activities

Maintain strength and mobility of shoulder

Criteria to enter Phase IV:

1. Full, non-painful ROM
2. Satisfactory stability
3. Satisfactory strength and muscle balance
4. No pain or tenderness

A. > 6 Months

1. Continue capsular stretching
2. Maintain mobility and flexibility
3. Continue strengthening program
4. Continue throwing program
5. Return to sports participation (unrestricted)

*** Developed and approved by Rolando Izquierdo, M.D. (Updated March 2016)**