SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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ARTHROSCOPIC BANKART REPAIR

	GOALS	BRACE	ROM	EXERCISES
PHASE 1 1-3 WEEKS	• Promote healing of tissue • Control pain and inflammation • Gradual increase in range of motion • Independent in home exercise program • Initiate muscle contraction	• Sling for six weeks or as noted by Dr. Glebus • Sling removed for exercises above	• Passive range of motion - scapular plane • External Rotation • 0 to 10 degrees by week two • 0 to 20 degrees by week three • Internal Rotation • 0 to 45 degrees by week two • 0 to 60 degrees by week three • Passive and active assistive range of motion • Flexion/Elevation • 0 to 60 degrees by week two • 0 to 90 degrees by week three • Pendulum exercises • Rope/pulley (flex, scaption) • Wand exercises- all planes within limitations • Posterior capsule stretch • Manual stretching and Grade I to II	Initiate submaximal isometrics - pain free

			joint mobs • No active external rotation, abduction or extension	
PHASE 2 3-6 WEEKS	• Control pain and inflammation • Enhance upper extremity strength • Gradual increase in range of motion	**Discontinue at week six**	• Passive and active assistive range of motion - scapular plane • External rotation of 0 to 30 degrees by week six • Full range internal rotation of motion by week six • Passive and active assistive range of motion • Flexion/elevation of 0 to 140 degrees by week six • Pendulum exercises • Posterior capsule stretch • Rope/pulley (flex, abduction, scaption) • Wand exercises: all planes within limitations • Manual stretching and Grade II to III to reach goals	• Continue isometric activities as in Phase I • Initiate supine rhythmic stabilization at 90 degrees flexion • Initiate upper body exerciser for endurance • Initiate internal rotation/external rotation at neutral with tubing • Initiate side lying external rotation • Prone horizontal abduction (100 degrees, 90 degrees), extension • Initiate flexion, scaption, empty can • Initiate scapular stabilizer strengthening • Concentrate on eccentric activities
	• Minimize pain and swelling • Reach full range	None	• Full range of motion at 10 weeks • Passive and active	• Continue all strengthening from previous phases

PHASE 3 6-12 WEEKS	of motion • Improve upper extremity strength and endurance • Enhance neuromuscular control • Normalize arthrokinematics		assistive range of motion - scapular plane • External rotation of 90 degrees abduction, 0 to 75 degrees at week eight • Passive and active assistive range of motion • Flexion/elevation of 0 to 160 degrees at week eight	increasing resistance and repetition • Initiate plyotoss chest pass at weeks 8 to 10 • Initiate proprioceptive neuromuscular facilitation patterns with Thera-Band • Manual resisted proprioceptive neuromuscular facilitation patterns in supine • Upper body exerciser for strength and endurance • Initiate isokinetic internal rotation/external rotation at neutral at weeks 10 to 12
PHASE 4 12-24 WEEKS	• Full range of motion • Maximize upper extremity strength and endurance • Maximize neuromuscular control • Initiate sports specific training/functional training	None	• Continue with all range of motion activities from previous phases • Posterior capsule stretching • Towel stretching • Grade III to IV joint mobs as needed for full range of motion	• 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 proprioceptive neuromuscular facilitation patterns with tubing • Upper body exercise

				for strength and endurance • Initiate military press, bench press and lateral pull downs • Initiate sport specific drills and functional activities • Initiate interval throwing program at week 16 • Initiate light plyometric program at weeks 12 to 16 • Progress isokinetics to 90 degrees of abduction at high speeds

NOTE: Patients should avoid tibial rotation for 8 weeks