

Bankart Repair

PHASE I: IMMEDIATE POST OPERATIVE PHASE (WEEKS 1-6)

WEEK 3-4

TREATMENT:

- Swelling and pain management
- Sling for 3 weeks can remove when awake but observe ROM restrictions
- Sleep in immobilizer for 6 weeks
- Elbow/hand ROM
- Passive/gentle active assisted ROM exercises: motion to tolerance and comfort
 - By the end of 4 weeks
 - Flexion, abduction 60-75°
 - External rotation in scapular plane 15-20°
 - Internal rotation in scapular plane 30-40°
- Shoulder isometrics (sub-maximal/pain-free isometrics) for flexion, internal rotation and adduction
- Cryotherapy and modalities as indicated

*****NO MOTION ABOVE SHOULDER HEIGHT**

*****NO ACTIVE EXTERNAL ROTATION, EXTENSION OR ABDUCTION**

WEEK 4-5

TREATMENT:

- Discontinue sling during day if indicated
- Sleep in immobilizer
- Elbow/hand ROM
- Passive/gentle active assisted ROM exercises: motion to tolerance and comfort
 - By the end of 5 weeks
 - Flexion 90°
 - Abduction to 90°
 - External rotation in scapular plane 30°
 - Internal rotation in scapular plane 30°
- Shoulder isometrics (sub-maximal/pain-free isometrics) for all planes
- Light tubing ER/IR with arm at side
- UBE for ROM only
- Cryotherapy and modalities as indicated

*****NO MOTION ABOVE SHOULDER HEIGHT**

WEEK 5-6

TREATMENT:

- Sleep in immobilizer until end of sixth week
- Passive/gentle active assistive ROM exercises: motion to tolerance and comfort

- By the end of 6 weeks
 - Flexion 135-140°
 - Abduction to 140°
 - External rotation at 90° abduction 45°
 - Internal rotation in scapular plane 45°
- May initiate stretching exercises
- Initiate scapular stabilization exercises; emphasize posture
- May start active ROM for all shoulder motions
- Pool therapy (no swimming)
- Modalities as indicated

WEEK 6-7

TREATMENT:

- Active warm up on UBE
- Passive/active assistive ROM exercises: motion to tolerance and comfort
 - By the end of 7 weeks
 - Flexion 170-180°
 - Abduction to 170-180°
 - External rotation at 90° abduction 60-75°
 - Internal rotation at 90° abduction 65-70°
- Initiate rotator cuff strengthening exercises
- Modalities as indicated

PHASE II: MODERATE PROTECTION STAGE (WEEKS 7-14)

WEEK 7-8

TREATMENT:

- Active warm up on UBE
- Passive/active assistive ROM exercises: motion to tolerance and comfort
 - By the end of 8 weeks
 - External rotation at 90° abduction 90°
 - Internal rotation at 90° abduction 80°
 - Horizontal adduction 45-50°
- Add resistance to rotator cuff program

WEEK 11-12

TREATMENT:

- Active warm up on UBE
- Passive/active assistive ROM exercises: motion to tolerance and comfort
 - By the end of 12 weeks
 - External rotation at 90° abduction 115-125° IF OVERHEAD THROWER
- Continue with all stretches as previous
- Progress to more aggressive strengthening
- Initiate golf swing motion (WK 12)
- Initiate light swimming (WK12)

PHASE III: MINIMAL PROTECTION PHASE (WEEK 14-21)

WEEK 14-18

TREATMENT:

- Active warm up on UBE
- Continue with all stretches and flexibility as previous
- Full rotator cuff program
- PNF manual resistance
 - PNF rhythmic stabilization drills
- Endurance training
- Initiate plyometric drills
- Two-handed drills progressing to one handed
- Initiate swinging of bat: hit off tee (wk 16)

WEEK 17-21

TREATMENT:

- Active warm up on UBE
- Continue with all stretches and flexibility as previous
- Continue with all strengthening as previous
- Initiate interval throwing program

PHASE IV: RETURN TO ACTIVITY PHASE (WEEK 22-32)

WEEK 21-23

- Continue all strengthening and stretching as above
- Progress interval throwing to throwing off of the mound
- Progress to unrestricted sports participation at 23 weeks. Continue with rotator cuff strengthening