

# **Matt M. Diesselhorst, M.D.**

## **Bankart Repair Rehabilitation Protocol**

This rehabilitation program's goal is to return the patient/athlete to activity/sport as quickly and safely as possible. The program is based on muscle physiology, biomechanics, anatomy, and healing response.

### **Phase 1: Immediate Postoperative Phase**

#### **Goals:**

- Protect the surgical site
- Minimize the effects of mobilization
- Diminish pain and inflammation

#### **Weeks 0-2**

- Sling for comfort (1 week)
- May wear immobilizer for sleep (2 weeks)
- Elbow/hand ROM
- Gripping exercises
- Passive ROM and active-assisted ROM (L-bar)
  - Flexion to tolerance
  - Abduction to tolerance
  - Internal rotation in the scapular plane
  - No external rotation until week 4
- Submaximal isometrics
- Rhythmic stabilization
- Cold Therapy, modalities as need

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

- Gradually progress ROM
  - Flexion to 120-140 degrees
  - Internal rotation in the scapular plane to 45-60 degrees
  - Initiate external rotation in scapular plane to 15 degrees (week 4)
  - Shoulder extension
- Initiate light isotonic for the shoulder musculature
  - Tubing for internal rotation
  - Dumbbell exercises for the deltoid, biceps, and scapular musculature
  - Continue dynamic stabilization exercises, PNF
- Initiate self-assisted capsular stretching
- Progress ROM as tolerated
  - Flexion to 160 degrees (maximum)

- Internal rotation at 90 degrees abduction to 75 degrees
- External rotation at 90 degrees abduction to 0-30 degrees (week 4)
- Shoulder extension to 30-35 degrees
- Joint mobilization, stretching, etc
- Continue self-assisted capsular stretching
- Upper body ergometer with the arm at 90 degrees abduction
- Progress all strengthening exercises
- Continue PNF diagonal patterns (rhythmic stabilization techniques)
- Continue isotonic strengthening
- Dynamic stabilization exercises

### **Weeks 5-7**

- Progress ROM to full
- External rotation at 90 degrees abduction: 45-60 degrees
- Internal rotation at 90 degrees abduction: 70-75 degrees
- Flexion 165-175 degrees

## **Phase 2: Intermediate Phase**

### **Goals:**

- Re-establish full ROM
- Normalize arthrokinematics
- Improve muscular strength
- Enhance neuromuscular control

### **Weeks 8-10**

- Progress to full ROM (weeks 7-8)
- Continue all stretching exercises
- Joint mobilization, capsular stretching, passive and active stretching
- In overhead athletes, progress external rotation past 90 degrees
- In non-overhead athletes, maintain 90 degree external rotation
- Continue strengthening exercises
- “Thrower’s Ten” program (for overhead athletes)
- Isotonic strengthening for entire shoulder complex
- PNF manual technique
- Neuromuscular control drills
- Isokinetic strengthening

### **Weeks 10-14**

- Continue all flexibility exercises
- Continue all strengthening exercises
- May initiate light plyometric exercises
- May initiate controlled swimming, golf etc

## **Phase 3: Advanced Strengthening Phase (months 4-6)**

### **Criteria for Progression to Phase 3**

- Full ROM

- No pain or tenderness
- Satisfactory stability
- Strength 70%-80% of contralateral side

**Goals:**

- Enhance muscular strength, power, endurance
- Improve muscular endurance
- Maintain mobility

**Weeks 14-20**

- Continue all flexibility exercises  
Self assisted capsular stretches (anterior, posterior, and inferior)  
Main external rotation flexibility
- Continue isotonic strengthening program
- Emphasize muscular balance (external and internal rotation)
- Continue PNF manual resistance
- May initiate and continue plyometrics
- Initiate interval throwing program (physician's approval necessary)

**Weeks 20-24**

- Continue all exercises listed above
- Continue and progress all elements of the interval sport program (throwing etc.)

**Phase 4: Return to Activity Phase (months 4-6)**

**Criteria for Progression to Phase 4**

- Full nonpainful ROM
- Satisfactory stability
- Satisfactory strength (isokinetics)
- No pain or tenderness

**Goals:**

- Gradual return to sport activities
- Maintain strength and mobility of shoulder

**Exercises:**

- Continue capsular stretching to maintain mobility
- Continue strengthening program  
"Thrower's Ten" or fundamental shoulder exercise program
- Return to sport participation