

ARTHROSCOPIC ANTERIOR BANKART REPAIR

Phase I – Immediate Postoperative Phase “Restrictive Motion” (Weeks 0-6)

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability and proprioception
- Diminish pain and inflammation

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

- Gradually restore full ROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Enhance neuromuscular control

Phase III – Minimal Protection Phase (Week 15-20)

- Maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

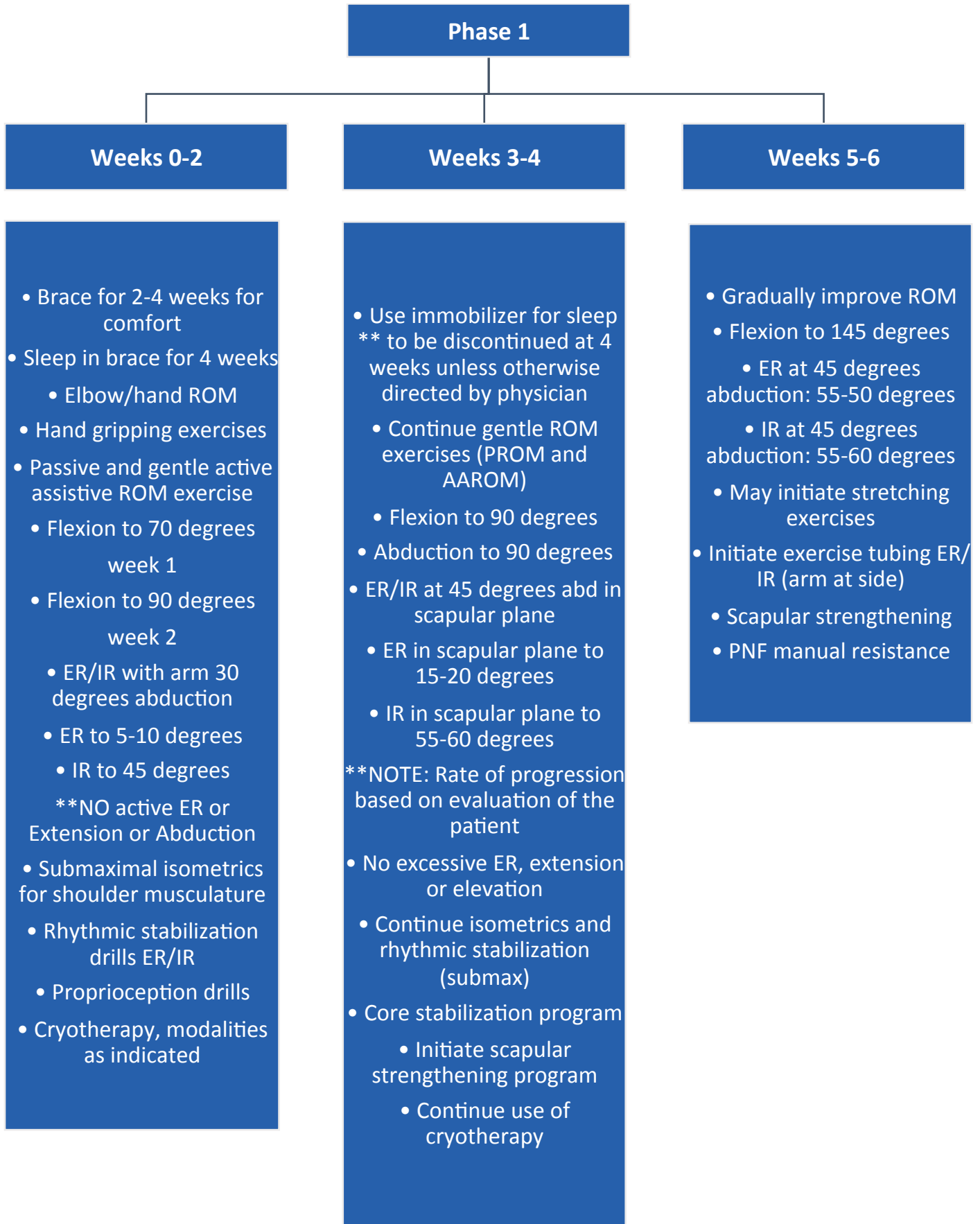
Phase IV – Advanced Strengthening Phase (Weeks 21-24)

- Enhance muscular strength, power and endurance
- Progress functional activities
- Maintain shoulder mobility

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

- Gradual return to sport activities
- Maintain strength, mobility and stability

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Phase 2

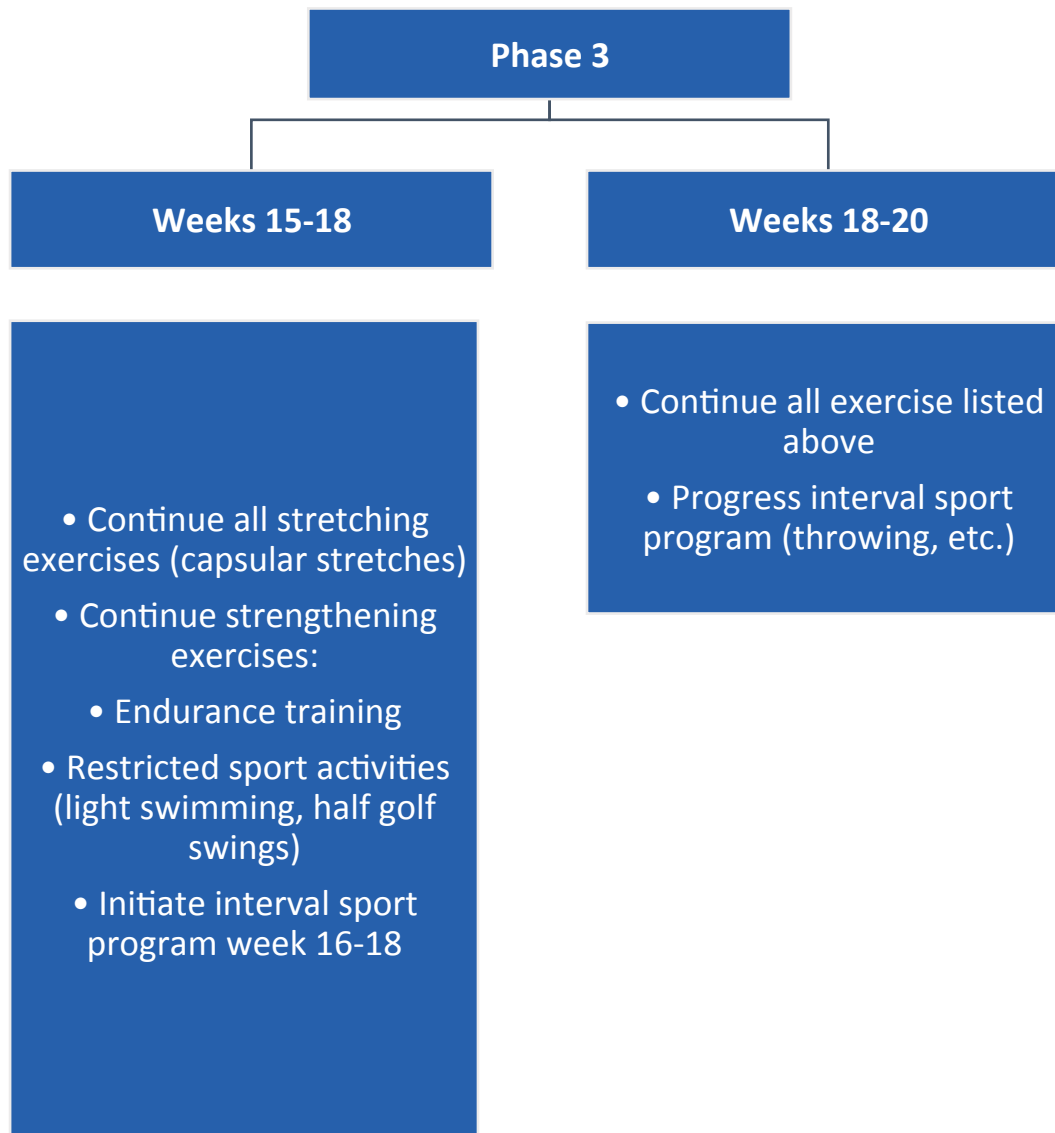
Weeks 7-9

- 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)

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Criteria to Enter Phase III:

- 1) Full non-painful ROM**
- 2) Satisfactory stability**
- 3) Muscular strength 50-75% of contralateral side**
- 4) No pain or tenderness**

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Phase 4

Weeks 21-24

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

Criteria to Enter Phase IV:

- 1) Full Non-Painful ROM**
- 2) Satisfactory static stability**
- 3) Muscular strength 75-80% of contralateral side**
- 4) No pain or tenderness**

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Phase 5

Months 7-9

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

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