

OPEN BANKART REPAIR PROTOCOL

Dr. Walter R. Lowe

This rehabilitation protocol has been developed for the patient following an open Bankart surgical procedure. The open Bankart repair progresses more aggressively than the arthroscopic procedure due to fixation methods. The protocol is divided into phases. Each phase is adaptable based on the individual and special circumstances. Immediately post-operatively, exercises must be modified so as not to place unnecessary stress on the anterior joint capsule of the shoulder.

Early passive range of motion is highly beneficial to enhance circulation within the joint to promote healing. The **overall goals** of the surgical procedure and rehabilitation are to:

- Control pain and inflammation
- Regain normal upper extremity strength and endurance
- Regain normal shoulder range of motion
- Achieve the level of function based on the orthopedic and patient goals

The physical therapy should be initiated within one week following surgery. The supervised rehabilitation program is to be supplemented by a home fitness program where the patient performs the given exercises at home or at a gym facility.

Important post-operative signs to monitor include:

- Swelling of the shoulder and surrounding soft tissue
- Abnormal pain response, hypersensitive-an increase in night pain
- Severe range of motion limitations
- Weakness in the upper extremity musculature

Return to activity requires both time and clinical evaluation. To most safely and efficiently return to normal or high level functional activity, the patient requires adequate strength, flexibility, and endurance. Functional evaluation including strength and range of motion testing is one method of evaluating a patient's readiness to return to activity. Return to intense activities following an open Bankart repair requires both a strenuous strengthening and range of motion program along with a period of time to allow for tissue healing. Symptoms such as pain, swelling, or instability should be closely monitored by the patient.

**Dr. Walter R. Lowe
Phase 1: Week 1-3
Bankart Repair-Open**

WEEK		EXERCISE	GOAL
1-3	ROM	Passive and AAROM Flexion/Elevation Passive and AAROM-scapular plane External rotation Internal rotation Pendulum exercises Rope/Pulley (flex, scaption, abd) Wand exercises-all planes within limitations Posterior capsule stretch Manual stretching and Grade I-II joint mobs	Gradual ↑ 0-120° wk 3 0-30° wk 3 as tolerated
	STRENGTH	Initiate submaximal isometrics-PAIN FREE	
	BRACE	Brace to 3 weeks or as noted by Dr. Lowe Brace removed for exercises above	
	MODALITIES	E-stim as needed Ice 15-20 minutes	

GOALS OF PHASE:

- Promote healing of tissue
- Control pain and inflammation
- Gradual increase in ROM
- Independent in HEP
- Initiate muscle contraction

**Phase 2: Week 3-6
Bankart Repair-Open**

WEEK	EXERCISE	GOAL
3-6	<p>ROM</p> <p>Passive and AAROM Flexion/Elevation</p> <p>Passive and AAROM-scapular plane External rotation Internal rotation</p> <p>Pendulum exercises Posterior capsule stretch Rope/Pulley (flex, scaption, abd) Wand exercises-all planes within limitations Manual stretching and Grade II-III joint mobs</p> <p>STRENGTH</p> <p>Continue isometric activities as in Phase 1 Initiate supine rhythmic stabilization at 90° flexion Initiate UBE for endurance Initiate plyometric chest pass Initiate IR/ER at neutral with tubing Initiate flexion, scaption, empty can Prone horizontal abduction (100°, 90°), extension Push-up progression Initiate sidelying ER, triceps, biceps Initiate scapular stabilizer strengthening Concentrate on eccentric activities</p> <p>BRACE</p> <p>Discharge brace end of week 3</p> <p>MODALITIES</p> <p>Ice 15-20 minutes</p>	<p>Gradual ↑</p> <p>0-140° wk 4 0-160° wk 6</p> <p>0-75° wk 6 Full ROM wk 6</p> <p>D/C wk 3</p>

GOALS OF PHASE:

- Control pain and inflammation
- Enhance upper extremity strength
- Gradual increase in ROM

**Phase 3: Week 6-12
Bankart Repair-Open**

WEEK	EXERCISE	GOAL
6-12	<p>ROM</p> <p>Continue all ROM activities from previous phases Posterior capsule stretch Towel stretch Manual stretching and Grade III-IV joint mobs</p> <p>STRENGTH</p> <p>Continue all strengthening from previous phases increasing resistance and repetitions Initiate overhead plyotoss at wk 10-12 Progress with ER at 90° abduction with tubing UBE for strength and endurance Progress rhythmic stabilization activities to include standing PNF patterns with tubing Initiate isokinetic IR/ER at neutral at wk 10-12</p> <p>MODALITIES</p> <p>Ice 15-20 minutes</p>	Full ROM 8-10 wks

GOALS OF PHASE:

- Minimize pain and swelling
- Reach full ROM
- Improve upper extremity strength and endurance
- Enhance neuromuscular control
- Normalize arthrokinematics

Phase 4: Week 12-24
Bankart Repair-Open

WEEK
12-24

EXERCISE

ROM

Continue with all ROM activities from previous phases
Posterior capsule stretching
Towel stretching
Grade III-IV joint mobs as needed for full ROM

STRENGTH

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 PNF patterns with tubing
UBE for strength and endurance
Initiate military press, bench press, and lat pulldowns
Initiate sport specific drills and functional activities
Initiate interval throwing program week 16
Initiate light plyometric program week 12-16
Progress isokinetics to 90° of abduction at high speeds

MODALITIES

Ice 15-20 minutes

GOALS OF PHASE:

- Full ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional training