

UT★ORTHO

A Part of UT Physicians

Bankhart Repair

Post-Operative Rehabilitation Protocol

Ironman Sports Medicine Institute

1st Edition

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Bankhart Repair Protocol

PHASE 1 - ACUTE (0-6 Weeks)

PHASE GOALS: PROTECT REPAIR & MANAGE SYMPTOMS

RANGE OF MOTION *NO AGGRESSIVE STRETCHING ER OR FLEXION

0-2 WEEKS - FLEX: 75 DEG, ER: 15 DEG, IR: 0 DEG (SCAPULAR PLANE)

2-4 WEEKS - FLEX: 110 DEG, ER: 35 DEG, IR: 30 DEG (SCAPULAR PLANE)

4-6 WEEKS - FLEX: 150 DEG, ER: 55 DEG, IR: FULL (SCAPULAR PLANE)

SLING USE

0-4 WEEKS - FOR COMFORT AND USE OUTSIDE OF HOME

4+ WEEKS - DC PER MD

STRENGTHENING & CONDITIONING

**0-2 WEEKS - ACTIVE ELBOW WRIST & HAND ROM
BIKING & ELLIPTICAL (IN SLING)**

**2-4 WEEKS - LIGHT 3-WAY ISOMETRICS AT 0 DEG (FLEX, ABD, EXT)
SCAPULAR RETRACTIONS & BENT OVER ROWS
LOWER EXTREMITY STRENGTHENING (IN SLING)
BIKING & ELLIPTICAL (IN SLING)**

**4-6 WEEKS - LIGHT BAND ROWS (NO EXTENSION PAST MID-LINE)
RESISTED BAND IR & ER EXERCISES
LOWER EXTREMITY STRENGTHENING (LUNGES, SQUATS)
LADDER DRILLS, SLIDE BOARD (IN SLING)**

CRITERIA FOR PROGRESSION

- **TIME: 6 WEEKS POST-OP**
- **< 2/10 PAIN**
- **DC SLING PER MD**

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PHASE 2 - INTERMEDIATE (6 -12 Weeks)

PHASE GOALS: PROGRESS OVERHEAD ROM, NORMALIZE JOINT MOBILITY, ENHANCE UE STRENGTH

RANGE OF MOTION *NO AGGRESSIVE STRETCHING ER OR FLEXION

6-8 WEEKS - PROGRESS FLEXION TO SYMMETRY & ER TO 60 (AT SIDE)

8-10 WEEKS - PROGRESS OVERHEAD FLEX / ER (AT 90/90)

10-12 WEEKS - NEAR FULL SYMMETRY *SUBTLE DEFICITS ARE NORMAL

STRENGTHENING

6-8 WEEKS - RESISTED ROWS, SHOULDER EXTENSION, EXTERNAL & INTERNAL ROTATION BAND STRENGTHENING

**8-10 WEEKS - PROGRESS RESISTED ROWS, EXTENSIONS, & ER
LIGHT RESISTED INTERNAL ROTATION
RESISTED BICEPS & TRICEPS
LOWER EXTREMITY STRENGTHENING (LUNGES, SQUATS)**

CONDITIONING

6-10 WEEKS - INITIATE JOGGING, LADDER DRILLS, SLIDE BOARD

10-12 WEEKS - INITIATE SPRINTING, PLYOMETRIC JUMPING

CRITERIA FOR PROGRESSION

- 12 WEEKS POST-OP FOR HEALING
- 0/10 PAIN
- > 90% ROM SYMMETRY
- 70% ER & IR STRENGTH SYMMETRY
- 80% SYMMETRY FOR ER & IR ENDURANCE TEST

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PHASE 3 - PLYOMETRICS & POWER (12-20 Weeks)

PHASE GOALS: INTRODUCE PLYOMETRICS & POWER MOVEMENTS, INITIATE THROWING PROGRAM, & CONTINUE STRENGTHENING

RANGE OF MOTION

12+ WEEKS - NEAR FULL SYMMETRY *SUBTLE DEFICITS ARE NORMAL

STRENGTHENING & PLYOMETRICS

**12-16 WEEKS - INITIATE LIGHT DUMBBELL PRESSING
PUSH-UP PROGRESSION (WALL -> FULL)
TRAMPOLINE BALL-TOSSES**

**16-20 WEEKS - PROGRESS RESISTED ROWS, EXTENSIONS, & ER
LIGHT RESISTED INTERNAL ROTATION
RESISTED BICEPS & TRICEPS**

THROWING & CONDITIONING

16+ WEEKS - INITIATE INTERVAL THROWING PROGRAM (MD APPROVAL)

16-20+ WEEKS - FULL LE STRENGTHENING, PLYOMETRICS & AGILITY

CRITERIA FOR PROGRESSION

- **0 / 10 PAIN**
- **ER & IR STRENGTH SYMMETRY \geq 80% NORMAL**
- **\geq 66% ER / IR STRENGTH RATIO**
- **\geq 90% SYMMETRY - ER & IR ENDURANCE TEST**
- **\geq 90% SYMMETRY - SEATED SHOT-PUT TEST**

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PHASE 4 - RETURN TO PLAY (20+ Weeks)

PHASE GOALS: INITIATE SPORTS SPECIFIC ACTIVITIES & RETURN TO PLAY

STRENGTHENING & PLYOMETRICS

16-20 WEEKS - PLYO TOSSES DOUBLE & SINGLE ARM, OVERHEAD TOSSES CLOSED CHAIN STRENGTHENING, FULL GYM WORKOUTS BICEPS & TRICEPS

THROWING & CONDITIONING

16-20+ WEEKS - FULL LE, PLYOMETRICS & AGILITY

20+ WEEKS - INITIATE MOUND PROGRESSION (MD APPROVAL)

RECOMMENDED CRITERIA FOR RETURN TO PLAY

- **0 / 10 PAIN**
- **ER & IR STRENGTH SYMMETRY \geq 90% NORMAL**
- **\geq 66% ER / IR STRENGTH RATIO**
- **\geq 95% SYMMETRY - ER & IR EDURANCE TEST**
- **\geq 95% SYMMETRY - SEATED SHOT-PUT TEST**
- **\geq 1 MIN FOR UPPER EXTREMITY CLOSED KINETIC CHAIN STABILITY TEST**
- **MD APPROVAL**