

## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION BANKART REPAIR

### Phase I – Immediate Post Surgical (Weeks 1-4):

#### Goals:

- Maintain/protect integrity of repair
- Prevent tissue stiffness
- Diminish pain and inflammation
- Prevent muscular inhibition

#### Precautions:

- Maintain in abduction sling/brace, remove only for dressing
- No active range of motion (AROM) of shoulder
- No lifting anything other than a loaded fork or ½ full glass
- No shoulder motion behind back
- No sudden movements
- Keep incision clean and dry

#### WEEKS 1-4: PHASE I EXERCISES

- Pendulum
- Hand, wrist and elbow AROM
- Grip exercises
- Ice as needed for pain control and inflammation
- At week 2 may resume walking for general conditioning

### Phase II – Protection/Active/Assistive Motion (Weeks 5-8):

#### Goals:

- Protect integrity of repair
- Do not overstress healing tissue
- Gradually restore ROM
- Decrease pain and inflammation

#### Precautions:

- No lifting
- No supporting of body weight by hands and arms
- No sudden jerking motions
- Avoid upper extremity bike (UBE) at all times

#### General:

- Discontinue use of sling as directed by physician
- Initiate active assistive range of motion (AAROM) Phase II exercises
- Continue general conditioning (walking, stationary bike-no weight on arms)
- May use heat prior to ROM exercises
- Ice after exercise

#### WEEKS 5-8: PHASE II EXERCISES

- Pendulum (as needed for pain control or warm up)
- Doorway forward flexion
- Horizontal adduction
- Towel internal rotation
- Doorway external rotation 0°/90°
- Scapular retractions

### Phase III – Early Strengthening (Weeks 8-12):

#### Goals:

- Full active ROM (by week 12)
- Maintain full PROM
- Restore neuromuscular control
- Gradually restore strength and endurance

#### Precautions:

- No lifting of heavy objects
- No sudden lifting or pushing activities
- No overhead lifting



## **WEEKS 8-12: STRENGTHENING EXERCISES**

- Continue phase II stretching exercises
- Initiate neuromuscular control exercises (rhythmic stabilization, wall ball stabilization etc.)
- Initiate theraband rotator cuff exercises (flexion, extension, internal rotation, external rotation, abduction)
- Supine serratus punch
- Eccentric deltoids (supine or standing)
- Scapular retractions

## **Phase IV – Progressive Strengthening (Weeks 12-16):**

### **Goals:**

- Maintain full AROM
- Advance rotator cuff strength
- Establish dynamic functional stability
- Advance general conditioning exercises
- Gradual return to functional activities

## **WEEKS 12-16: STRENGTHENING EXERCISES**

**\*Must be able to elevate arm without shoulder or scapular hiking**

- Continue range of motion and stretching exercises to maintain full ROM
- Progress resistance of theraband rotator cuff exercises
- Add lat pull downs to the front and rows with theraband
- Progress proprioception exercises
- Add sidelying external rotation

## **Phase V – Return to Functional Activities (Months 5-6):**

### **Goals:**

- Maintain full AROM
- Advance rotator cuff strength
- Enhance dynamic functional stability
- Advance general conditioning exercises
- Return to functional activities

## **MONTH 5-6 EXERCISES**

- Complete therabands
- Add lat pulls to the front, rows, biceps, triceps
- Progress general conditioning