Bankart Repair and Multidirectional Instability Surgery
Rehabilitation Protocol

I. Phase 1 - Immediate Postoperative Phase “Restrictive Motion” (Weeks 0 – 6)
Goals: Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability and proprioception
Diminish pain and inflammation

Weeks 0 – 3
• Sling for 3-4 weeks
• Sleep in immobilize/swath for 2 weeks
• Elbow/Hand ROM daily to avoid stiffness
• Hand gripping exercises
• ROM restricted:

*** NO active ER or extension or Abduction
• Submaximal isometrics for shoulder musculature
• Proprioception drills
• Cryotherapy, modalities as indicated

Weeks 4
• Discontinue use of sling (if directed by surgeon)
• Use of immobilizer for sleep as listed above
• Start gentle ROM exercises (PROM and AAROM)
  • Flexion to 90 degrees
  • Abduction to 90 degrees
- ER/IR at 30 degrees ABDUCTION in scapular plane
- ER in scapular plane to 45 degrees
- IR in scapular plane to 45 degrees

***NOTE: Rate of progression based on evaluation of patient

- No excessive ER, extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program
- Initiate scapular strengthening program
- Continue use of cryotherapy

Weeks 5 – 6
- Gradually improve ROM
  - Flexion to 120 degrees
  - ER at 45 degrees Abduction: 55-50 degrees
  - IR at 45 degrees Abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercises tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance

II. PHASE II – Intermediate Phase: Moderate Protection Phase (weeks 7 – 14)
Goals: Gradually restore full ROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Enhance neuromuscular control

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

III. PHASE III – Minimal Protection Phase (Week 15 – 20)
Goals: Maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Criteria to Enter Phase III
1) Full non-painful ROM
2) Satisfactory stability
3) Muscular strength (good grade or better)
4) No pain or tenderness

Weeks 15 – 16
Continue all stretching exercises (capsular stretches)
Continue strengthening exercise:
- Thrower ten program or fundamental exercises
- PNF manual resistance
- Endurance training
- Restricted sport activities (light swimming, half golf swings)
Initiate interval sport program week 16 – 18

Weeks 18 – 20
Continue all exercise listed above
Process interval sport program (throwing, etc.)

IV. PHASE IV – Advanced Strengthening Phase (Weeks 21 – 24)
Goals: Enhance muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to Enter Phase IV
1) Full functional ROM
2) Satisfactory isokinetic test that fulfills criteria
3) Satisfactory shoulder stability
4) No pain or tenderness

Exercises
Gradually progress sport activities to unrestricted participation
Continue stretching and strengthening program