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**New York, NY 10021**

**REHAB PROTOCOL: Open Bankart Repair**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Early Protective Phase (0-5 weeks)**

**Goals:**

- Protect surgical procedure
- Educate patient on procedure and therapeutic progression
- Regulate pain and control inflammation
- Initiate range of motion and dynamic stabilization

**Treatment Plan (0-3 weeks):**

- Sling immobilization for 2-4 weeks;
- Gripping exercises
- Elbow, wrist and hand ROM
- Pendulum exercises (weighted & unweighted)
- PROM to AAROM
- IR/ER proprioception training (controlled range)
- Initiate gentle alternating isometrics for IR/ER in scapular plane
- Initiate passive forward flexion to 90°
- Initiate scapular mobility

**Treatment Plan (3-5 weeks):**

- ROM Progression
  1. Forward flexion to 110° - 130°
  2. ER in scapular plane to 45°
  3. IR in scapular plane to 60°
- Progress sub-maximal alternating isometrics for IR/ER in scapular plane
- Initiate scapular strengthening
- Manual scapula retraction
- Resisted band retraction

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- No shoulder extension past trunk
- Isometrics in all directions
- Continue bicep/tricep strengthening
- Initiate light band work for IR/ER

#### Milestones for progression

- Forward flexion to 110° - 130°
- ER in scapular plane to 45°
- IR in scapular plane to 60°
- Tolerance of submax isometrics
- Knowledge of home care & contraindications
- Normalize mobility of related joints (AC/SC)

### **Intermediate Phase (5-8 weeks)**

#### Goals (general)

- Normalize arthrokinematics
- Gains in neuromuscular control
- Normalization of posterior shoulder flexibility

#### Treatment Plan

- ROM Progression
  - Forward flexion to 150° - 165°
  - ER in scapular plane to 65°
  - Full IR in scapular plane
- Initiate joint mobilizations as necessary
- Initiate posterior capsular stretching
- Progress strengthening
  - IR/ER band in scapular plane
  - Side lying ER
  - Full can (no weight if substitution patterns)
  - CW/CCW ball against wall
  - Initiate PNF patterns in available range
  - Body blade at neutral or rhythmic stabilization

#### Milestones for progression

Forward flexion to 150° - 165°

ER in scapular plane to 65°

Full IR in scapular plane

Symmetrical posterior capsule mobility

Progressing isotonic strength with IR/ER in available range

### **Strengthening Phase (8 – 14 weeks)**



### Goals (general)

- Normalize ROM
- Progression of strength
- Normalize scapulothoracic motion & strength
- Overhead activities without pain

### Treatment Plan

- ROM Progression; Initiate IR/ER @ 90° of GH abduction
  - Within 10° of full AROM in all plans
- Progression of scapular retractors & stabilizers
  - Prone program; LT, MT, Rhmd
  - LT; scapular depression
- Progress strengthening
  - Challenging rhythmic stabilization
  - UBE: forward & retro
  - Bilateral ball against wall; progress w/ perturbation
  - Initiate Isokinetic IR/ER in scapular plan
  - Initiate IR/ER @ 90° of GH abduction
  - Isotonic strengthening; flex, abd
  - Closed kinetic chain (ckc) ther-ex

### Milestones for progression

- Within 10° of full active range in scapular plane
- IR/ER <50% deficit
- <30% strength deficits; primary shoulder muscles & scapular stabilizers

### Advanced Strengthening Phase (14 – 24 weeks)

#### Goals (general)

- Pain free full ROM
- Improve muscular endurance
- Improve dynamic stability

#### Treatment Plan

- Maintain flexibility
- Progress strengthening
  - Advanced ckc ther-ex
  - Wall push-ups; w/wo ball
  - Continue w/ overhead strengthening
  - Continue w/ isokinetic IR/ER strengthening; @ 90° of GH abduction
  - Advance isotonic strengthening
  - Advance rhythmic stabilization training in various ranges and positions
- Initiate Plyometric strengthening
  - Chest passes

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- Trunk twists
- Overhead passes
- 90°/90° single arm plyos

Milestones for progression

- Strength deficits < 20% for IR/ER @ 90° of GH abduction
- <20% strength deficits throughout

**Return to Activity & Sport Phase (6 -9 months)**

Goals (general)

- Pain free full ROM
- Normalized strength
- Return to sport/activity program

Treatment Plan

- Continue Isokinetic training
- Continue w/ stability training
- Advance plyometric training
- Continue w/ ckc ther-ex

Milestones for Activity

- Strength deficits <10% throughout
- Normalized closed kinetic chain testing
- Completion of return to sport/activity program

**Comments:**

**Frequency:**   2   times per week

**Duration:**  12  weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_