



317-208-3866

## **BADMAN ARTHROSCOPIC POSTERIOR BANKART REPAIR**

### **Phase I – Protection Phase (Day one to week 6)**

**NOTE: Avoid any internal rotation of the glenohumeral joint. Do not even measure internal rotation at the time of initial evaluation.**

#### **Goals:**

- Protect glenohumeral joint capsule
- Retard muscular atrophy and rotator cuff shut down
- Educate patient in HEP and posterior capsule protection techniques

#### **Day One to Week 2**

- Patient to remain in sling at all times except when doing exercises
- Elbow/wrist ROM and hand gripping exercises in sling
- AAAROM (NO INTERNAL ROTATION)
  - Pendulum exercises
  - Elevation to 90°
  - ER at side to 30°

#### **Weeks 2 – 4**

- Continue to wear sling at all times except 4-5 times a day to perform exercises
- AAROM (NO INTERNAL ROTATION)
  - Continue pendulum exercises
  - Elevation to 120°
  - ER at 45° abd to 45°
- Sub-maximal Isometrics @ abduction (IR, ER, and ABD)
- Scapular strengthening (emphasize rhomboids, trapezius and serratus anterior)
  - elevation (shrugs)
  - retraction (scapular squeezes)

#### **Weeks 4 – 6**

- Discontinue use of sling per MD order
- AAROM:
  - Continue pendulum exercises
  - Elevation to 160°
  - ER to at abduction
- Strengthening Exercises:
  - Continue scapular strengthening (add protraction in supine position)
  - Begin tubing ER at side
  - Humeral head stabilizing exercises
- Begin upper extremity cycle

## **Phase II: Intermediate Phase (Weeks 6 – 12)**

### **Goals:**

- Full pain-free ROM with scapula stabilized
- Gradually increase strength and power
- Increase functional activities, decreasing residual pain

### **Weeks 6 – 8**

- AAROM:
  - Elevation to 180<sup>0</sup>
  - IR to 45<sup>0</sup> at 45<sup>0</sup> abduction
  - ER to at abduction (do not push past 90/90 position)
- Strengthening:
  - Jobe's exercises (flexion/scaption to , sidelying ER, prone extension, prone horizontal abduction in neutral)
  - Resisted scapular elevation and retraction
  - Supine scapular protraction

### **Weeks 8 – 10**

- Continue AAROM exercises
- Begin gentle capsular self-stretching program
- Strengthening:
  - Continue previous strengthening program gradually increasing resistance
  - Isokinetic strengthening for IR/ER in modified neutral
  - Resisted PNF patterns within ROM limitations

### **Weeks 10 – 12**

- Continue previous ROM/flexibility program
- Continue strengthening program
- Isokinetic strength test at week 12 (IR/ER @ 60, 180, /sec and ABD/ADD in throwers)

## **Phase III: Advanced Stage (Weeks 12 – 20)**

### **Goals:**

- Continue to progress strength, power and endurance
- Improve neuromuscular control
- Begin functional activities

### **Weeks 12 – 16**

- Continue ROM/flexibility program
- Progress strengthening program:
  - Bench press (narrow grip, arms in front of plane of body)

- Pull downs (narrow grip, in front of body)
- Shoulder press (dumbbells, in front of body, elbows close to side)
- Push-ups (narrow width, keep shoulders above elbow height)
- Initiate plyometric program (begin with 2 hands)

### **Weeks 16 – 20**

- Progress strengthening program
- Continue flexibility program as needed
- Progress plyometric program
- Initiate interval program (throwing, tennis, golf, swimming etc.)

### **Phase IV: Return to Activity Phase (Week 20 – 24)**

#### **Goals:**

- Progression of interval program
- Gradual return to unrestricted activities
- Maintain static and dynamic stability of shoulder joint

### **Weeks 20 – 24**

- Progress interval throwing program
- Begin sport specific drills with gradual return to competition
- Continue independent flexibility and strengthening program

#### **Criteria for return to play:**

- When approved by physician
- Full functional ROM
- No pain or tenderness
- Satisfactory Isokinetic strength test
- Satisfactory clinical exam