

Arthroscopic Anterior Capsulolabral Reconstruction (Bankart)

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Phase I: "Restricted Motion" – Maximal Protection Phase

Week 0-2

- Sling for comfort (2 weeks)
- Immobilization brace for 4 weeks (sleeping only)
- Gentle AAROM with T-bar
 - Forward flexion 0°-60°
 - ER at 20° abduction (maximal motion 0°)
 - IR at 20° abduction (maximal motion 45°)

**DO NOT abduct and ER shoulder during first 4 weeks*

- Elbow/hand ROM
- Isometrics, submaximal subpainful contraction ER, IR abduction, biceps with arm at side (0° abduction)
- Squeeze ball
- Ice, modalities to shoulder to control pain

Week 3-4

- Discontinue use of sling
- Continue use of immobilization for sleep
- Continue gentle AAROM with T-bar
 - Flexion 0°-90°
 - ER at 20° abduction (maximal motion 15°)
 - IR at 20° abduction (maximal motion 65°)
- Continue isometrics
- Continue elbow/hand motion exercises

Week 5-6

- Discontinue use of immobilization for sleep
- Gradually progress all ROM exercises with T-bar
 - Flexion (0°-135°)
 - ER at 45° abduction (maximal motion 30°)

- IR at 45° abduction (maximal motion 60°)
- Initiate light weight isotonic shoulder exercises IR, ER abduction, supraspinatus, biceps, triceps
- Initiate light weight isotonic scapular strengthening retraction, protraction, elevation, depression
- Initiate UBE at 70° abduction
- **One month contraindications*
- No overhead lifting
- No combined abduction and ER
- No forced ER

Phase II: Moderate Protection Phase (weeks 7-14)

Week 7-9

- Progress all motion exercises
 - Flexion (0°-180°)
 - ER at 90° abduction (maximal motion 75°)
 - IR at 90° abduction (maximal motion 85°)
- Continue isotonic strengthening program
- Continue diagonal strengthening program
- Continue all scapular strengthening
- Initiate theraband exercises ER/IR (at 0° abduction)

Week 10-14

- Goal full ROM (week 12-14)
- Continue and progress all exercises as stated above
- Initiate manual resistance exercises programs

Phase III: Minimal Protection Phase (week 15-21)

Week 15-18

- Continue all flexibility exercises, capsular stretches to maintain full ROM
- Initiate throwers ten program
- Initiate light swimming
- Initiate exercises in the 90° position

Week 18-24

- Continue flexibility exercises
- Begin interval throwing program when:
 - Full nonpainful ROM
 - Strength 90% of contralateral side
 - No pain or tenderness
 - Satisfactory clinical exam
- Continue throwers ten exercise program
- Initiate plyometric exercise program

Phase IV: Advanced Strengthening Phase (weeks 22-26)

- Aggressive strengthening program for shoulder and scapular musculature

- Continue throwers ten program
- Continue plyometric program
- Progress to phase II of interval throwing

Phase V: Return To Activity Phase (Month 7-9)

- Continue all strengthening exercises
- Continue all stretching exercises
- Begin unrestricted throwing