

KNEEbraska

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Fellowship Trained in Sports Medicine & Arthroscopic Surgery

Shoulder and Knee Joint Replacement

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REHABILITATION GUIDELINES: SHOULDER Anterior Bankart Repair

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I. Phase I – 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 0-2

- Sling for 2-3 weeks for comfort
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
 - Flexion to 70 degrees week 1
 - Flexion to 90 degrees week 2
 - ER/IR with arm 30 degrees abduction
 - ER to 5-10 degrees
 - IR to 45 degrees
- Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 3-4

- Discontinue use of sling at week 4
- Use immobilizer for sleep **** to be discontinued at 4 weeks unless otherwise directed by physician**
- Continue gentle ROM exercises (PROM and AAROM)
 - Flexion to 90 degrees
 - Abduction to 90 degrees
 - ER/IR at 45 degrees abd in scapular plane
 - ER in scapular plane to 15-20 degrees
 - IR in scapular plane to 55-60 degrees
- ****NOTE:** Rate of progression based on evaluation of the 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 145 degrees
 - ER at 45 degrees abduction: 55-50 degrees
 - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercise 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)

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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

Weeks 10-14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
 - **Progress ROM to functional demands (i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)

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 15-18

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises:
 - Throwers 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 non-painful ROM
- 2) Satisfactory static stability

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- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Weeks 21-24

- Continue flexibility exercises
- Continue isotonic strengthening program
- NM control drills
- Plyometric strengthening
- Progress interval sport programs

V. Phase V – Return to Activity Phase (Months 7-9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to Enter Phase V

- 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 unrestrictive participation
- Continue stretching and strengthening program