



## **BADMAN ARTHROSCOPIC ANTERIOR BANKART RECONSTRUCTION**

### **Phase I – Immediate Motion Phase (Weeks 0 – 6)**

#### **Weeks 0 – 2:**

- Sling for 4 weeks
- May take off swathe when good arm control
- Elbow/hand ROM and hand gripping exercises
- AAROM:
  - Flexion to 90<sup>0</sup>
  - Pendulum/Rope and pulley exercises
- Isometrics: Abduction
  - ER/IR
  - Biceps (not for 6 weeks if SLAP REPAIR/TENODESIS)
- Pain control modalities

#### **Weeks 3 – 4:**

- AAROM:
  - Flexion to 135<sup>0</sup>
- Strengthening:
  - Scapular strengthening exercises
    - Rhomboids
    - Middle/Lower Trapezius
    - Serratus anterior
  - Light T-band ER/IR with arm at side

#### **Weeks 5 – 6:**

- AAROM:
  - Flexion to 160<sup>0</sup>
  - ER/IR to tolerance in scapular plane
  - ER/IR to 30 at 45 abduction
- Strengthening:
  - Initiate light isotonic (start with weight of arm and progress 1#/wk if good form)
  - Supraspinatus



ER/IR

Prone horizontal abduction

Biceps (not if SLAP lesion)

Manual resisted diagonal patterns

- Initiate light rhythmic stabilization/proprioception drills
- Initiate UBE

## **Phase II – Intermediate Phase (Weeks 7 – 15)**

### **Weeks 7 – 9:**

- AAROM (progress to full ROM): Flexion to 180<sup>0</sup>
  - ER to 90° at 90° abduction
  - IR to 85° at 90° abduction
  - Begin gentle self-capsular stretches
- Strengthening:
  - Progress weight/reps of RTC and scapular strengthening program
- Progress proprioception drills to single arm and closed chain with ball against wall

### **Weeks 10 – 15:**

- Continue ROM/flexibility exercises
- Continue self-capsular stretches
- Strengthening:
  - Continue RTC/scapular strengthening program
  - Initiate isokinetic strengthening in neutral (high speed/high reps)
  - Initiate general shoulder strengthening with shoulder precautions at 12 weeks
    - 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 (2 handed → 1 handed)
- Isokinetic ER/IR test in modified neutral (90 & 180°/sec) at 12 weeks

## **Phase III – Advanced Phase (Weeks 16 – 23)**

- Continue all flexibility exercises:
  - ER/IR stretch
  - Flexion stretch



- Self-capsular stretches
- Continue RTC, scapular and general shoulder strengthening with precautions
  - Initiate interval sport program
    - Begin throwing program
    - Begin hitting (progress from tee → soft toss → live hitting over 3 – 4 weeks)

#### **Phase IV – Return to Activity Phase (Weeks 24 – 36)**

- Continue flexibility program
- Continue strengthening program
- Progress interval sport program
  - Progress from long toss to level ground pitching to off the mound

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

- Physician approval
- Satisfactory ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program