

# SPECTRUM MEDICAL

Surgical Date: \_\_\_\_\_

Rehab Start Date: \_\_\_\_\_

Bankhart Protocol

## Open Anterior Capsulolabral Reconstruction- Open Bankhart

### Phase I - Immediate Postoperative Phase

**GOALS:** Protect the surgical procedure  
Minimize the effects of immobilization  
Diminish pain and inflammation

#### **WEEK 0 - 2**

- Sling for comfort (1 week)
- May wear immobilizer for sleep (2 weeks) "Physician decision"
- Elbow/hand ROM
- Gripping exercises
- Passive ROM and active assistive ROM (L-bar)
  - Flexion to tolerance
  - Abduction to tolerance
  - ER/IR in scapular plane
- Submaximal isometrics
- Rhythmic stabilization
- Cryotherapy, modalities as needed

#### **WEEK 3-4**

- Gradually progress ROM
  - Flexion to 120 - 140 degrees
  - ER in scapular plane to 35-45 degrees
  - IR in scapular plane to 45-60 degrees
  - Shoulder extension
- Initiate light isotonic exercises for shoulder musculature
  - Tubing for ER/IR
  - Dumbbells; deltoid, supraspinatus, biceps, scapular
  - Continue dynamic stabilization exercises, PNF
- Initiate self-capsular stretching

#### **WEEK 5 - 6**

- Progress ROM as tolerated
  - Flexion to 160 degrees (maximum)
  - ER/IR at 90 degrees abduction:
    - IR to 75 degrees
    - ER to 70-75 degrees
  - Shoulder extension to 30-35 degrees
- Joint mobilization, stretching, etc
- Continue self-capsular stretching
- UBE arm at 90 degrees abduction
- Progress all strengthening exercises
  - Continue PNF diagonal patterns
  - Continue isotonic strengthening
  - Dynamic stabilization exercises

#### **WEEK 6-7**

- Progress ROM to:
  - ER at 90 degrees abduction: 80-85 degrees
  - ER at 90 degrees abduction: 70-75 degrees
  - Flexion: 165-175 degrees

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## Phase II - Intermediate Phase

**GOALS:** Re-establish full ROM  
Normalize arthrokinematics  
Improve muscular strength  
Enhance neuromuscular control

### WEEK 3-10

- Progress to full ROM (week 7-8)
- Continue all stretching exercises
  - Joint mobilization, capsular stretching, passive and active stretching
- In overhead athletes, progress ER past 90 degrees
- In non-overhead athletes, maintain 90 degree ER
- Continue strengthening exercises
  - Throwers Ten Program (for overhead athlete)
  - Isotonic strengthening for entire shoulder complex
  - PNF manual technique
  - Neuromuscular control drills
  - isokinetic strengthening

### WEEK 10 - 14

- Continue all flexibility exercises
- Continue all strengthening exercises
- May initiate 'light' plyometric exercises
- May initiate 'controlled' swimming, golf swings, etc
- May initiate light isotonic machine weight training (week 12-14)

## Phase III - Advanced Strengthening Phase (Month 4-6)

**GOALS:** Enhance muscular strength, power and endurance  
Improve muscular endurance  
Maintain mobility

### CRITERIA TO ENTER PHASE III:

- 1) Full range of motion
- 2) No pain or tenderness
- 3) Satisfactory stability
- 4) Strength 70-80% of contralateral side

### WEEK 14 - 20

- Continue all flexibility exercises
  - Self capsular stretches (anterior, posterior, and inferior)
  - Maintain ER flexibility
- Continue isotonic strengthening program
- Emphasis muscular balance (ERJIR)
- Continue PNF manual resistance
- May initiate and continue plyometrics
- Initiate interval throwing program (physician approval necessary)

### WEEK 20 - 24

- Continue all exercise listed above
- Continue and progress all interval sport program (throwing, etc)

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## IV. Phase IV Return to Activity Phase (Month 6 - 9)

**GOALS:** Gradual return to sport activities  
Maintain strength and mobility of shoulder

**CRITERIA TO ENTER PHASE IV:**

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Satisfactory strength (isokinetics)
- 4) No pain or tenderness

**EXERCISES:**

- Continue capsular stretching to maintain mobility
- Continue strengthening program
  - Either Thrower's Ten or Fundamental shoulder exercise program
- Return to sport participation (unrestricted)