

Bankart (Anterior Inferior Labral Repair)

Non-operative Physical Therapy Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Phase 1 (Weeks 0-3)

Primary goals: Eliminate pain, establish pain-free motion, Improve proprioception and scapular mechanics

- Gentle ROM only, no joint capsule stretching
 - Ropes and pulleys in scapular plane as tolerated
- Active-assisted ROM
 - No limitation to FF
 - Progress IR/ER from 30 degrees to 45 then 90
 - Do not push arm ER, horizontal abduction, or ER while abducted
- Strengthening and proprioception
 - Isometrics in all planes with arm at side
 - Scapular pro/retraction
 - Rhythmic stabilization
 - CKC in scapular plane

Phase II (Weeks 4-8)

Primary goals: Improve strength and proprioception, normalize scapulothoracic rhythm

- Start isotonic strengthening with emphasis on ER and scapula
 - Sidelying ER to 45 degrees
 - ER/IR with therabands
 - Prone horizontal adduction, prone extension to neutral, prone rowing
 - Scaption with ER, abduction to 90 degrees
 - Lower trap, wall/table pushups, biceps/triceps
- Improve neuromuscular control of the Shoulder Complex
 - Begin PNF
 - Rhythmic stabilization drills
 - ER/IR at 90 degrees abduction
 - Flexion/extension/horizontal abduction at 100 degrees scaption
 - Progress to until full ROM
 - Progress OKC program
 - PNF, manual ER resistance, prone rows
 - Progress CKC with rhythmic stabilization

- Wall stabilizations on ball, static holds in pushup position, pushup on rocker board
- Core stabilization
 - Truck, low back, gluteal, abdominal strengthening

Phase III (Weeks 9-12)

Primary goals: Improve strength power and endurance, normal and full ROM,

Criteria to progress to phase III: full painless ROM, no tenderness, good muscle control thru ROM

- Strengthening
 - End-range stabilization, bench press with arms to parallel floor only, machine rowing and lat pull downs
- PNF
- Continue neuromuscular control drills
 - Pushups on ball/rockerboard, manual scapular control drills
- Endurance training
- Plyometric training
 - 2-hand drills: chest pass, side to side, overhead
 - 1-hand drills: 90/90 throws, wall dribbles

Phase IV (Weeks 12+)

Primary goals: prepare athlete for full functional return to sport

- Progress ROM to functional demands (i.e. overhead athlete)
- Begin functional activities
- Begin transition to training room/gym program
- If there is full ROM, normal joint mechanics, and pain free movement, begin Shadow Mechanics to simulate the throwing motion (if throwing athlete).
 - Shadow Mechanics - simulating the mechanics of the throwing motion without actually throwing an object. A towel or long, slightly weighted sock may be used to provide slight resistance for the arm. The goal of this exercise is to correct any mechanical deficiencies (such as being late, dropping the elbow, and opening up too soon) before actually attempting to throw a baseball.

References:

Wilk KE, Macrina LC, Reinold MM. Non-operative rehabilitation for traumatic and atraumatic glenohumeral instability. *N Am J Sports Phys Ther.* 2006;1(1):16-31.