

## PATIENT INSTRUCTION FOLLOWING ANTERIOR SHOULDER INSTABILITY BANKHART PROCEDURE

### Pre-habilitation:

- Apply ice (Iceman, Aircast, etc. if available) as much as tolerated within a 24 hour period for first week. If using ice packs, encourage icing 20-30 minutes every 3-4 hours while awake. This is also useful after therapy.
- Sling used for 3 weeks.

### Home Exercise Program Phase 1: (Weeks 1-4)

- Sling for 3-4 weeks.
- Can remove sling for activities such as pendulum exercises. Keep the elbow, wrist and hand moving.

### Outpatient Physiotherapy Phase 2: (Weeks 4-6)

Instructs in basic progression of rehabilitation program and expectations for time course to recovery:

### **ROM:**

- Passive to AAROM- in scapular plane
- External rotation 0-60° by week 4. Avoid extreme end range ER or abduction
- Internal rotation as tolerated
- Flexion/Elevation as tolerated
- Wand exercise-all planes
- Rope/Pulley (flexion, abduction, scaption)
- Manual strengthening and Grade I-III joint mobs

### **Strength:**

- Initiate Ube for warm-up activity
- Initiate IR/ER at neutral with tubing
- Initiate forward flexion, scaption, empty can
- Prone horizontal abduction, extension to neutral
- Sidelying ER
- Bicep and tricep strengthening
- Initiate scapular stabilizer strengthening

### **Modalities**

- E-stim as needed
- Ice 20 minutes after activity

### **Goal of Phase:**

- Gradual increase to full ROM
- Improve upper extremity strength and endurance
- Control pain and inflammation
- Normalize arthrokinematics

### **Outpatient Physiotherapy Phase 3: (Weeks 6-12)**

#### **ROM:**

- Continue all ROM activities from previous phases
- Posterior capsule stretch
- Towel internal rotation stretch
- Manual stretching and Grade I-III joint mobs to reach goal

#### **Strength:**

- Continue all strengthening from previous phases increasing resistance and repetitions
- UBE for strength and endurance
- Initiate isokinetic IR/ER at 45° abduction at high speeds
- Progress push-up from wall, to table, to floor
- Initiate ER with 90° abduction with tubing
- Progress overhead pilyotoss for dynamic stabilization
- Progress rhythmic stabilization throughout range of motion
- Initiate lat pulldowns and bench press
- Progress PNF to high speed work
- Initiate plyoball figure 8 stabilizations

#### **Goal of Phase:**

- Full painless ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Normalize arthrokinematics
- Clinical examination with **NO** impingement signs

### **Outpatient Physiotherapy Phase 4: (Weeks 12-20)**

#### **ROM:**

- Continue all ROM activities from previous phases
- Posterior capsule stretch
- Towel internal rotation stretch
- Grade III-IV joint mobs as needed to reach goal

#### **Strength**

- Continue with all strengthening exercises from previous phase increasing weight and repetitions
- Continue to total body work out for overall strength
- Initiate light plyometric program
- Initiate military presses in front of neck
- Initiate and progress sport specific and functional drills
- Initiate interval throwing program

#### **Goas of Phase:**

- Return to activity upper extremity strength and endurance.
- Return to activity neuromuscular control and arthrokinematics
- Return to sports specific training/functional training