

DR. BUTKOVICH
ARTHROSCOPIC ANTERIOR BANKHART REPAIR
REHABILITATION PROTOCOL

STAGE I: IMMEDIATE POST SURGICAL / RESTRICTED MOTION
(WEEK 0-6)

GOALS:

- MAINTAIN INTEGRITY OF REPAIR
- PREVENT NEGATIVE EFFECTS OF IMMOBILIZATION
- PROMOTE DYNAMIC STABILITY AND PROPRIOCEPTION
- DIMINISH PAIN AND INFLAMMATION

(WEEK 0-2)

PATIENT INSTRUCTIONS:

1. WEAR SLING DAY AND NIGHT FOR 2-3 WEEKS
2. KEEP INCISIONS CLEAN & DRY
3. CRYOTHERAPY FOR PAIN & INFLAMMATION
4. RESUME GENERAL FITNESS ACTIVITIES IN SLING WHEN PAIN PERMITS (I.E. STATIONARY BIKE)

TREATMENT:

1. MOIST HEAT AND OTHER MODALITIES PRIOR TO THERAPY (CONTINUE THROUGHOUT THERAPY PROGRAM AS NECESSARY)
2. PENDULUM SWINGS
3. BEGIN ACTIVE FLEXION/ EXTENSION OF ELBOW AND WRIST
4. BEGIN GRIP STRENGTHENING
5. PASSIVE AND GENTLE AAROM EXERCISES
 - a. FLEXION TO 70 DEGREES WEEK 1
 - b. FLEXION TO 90 DEGREES WEEK 2
 - c. ER/IR WITH ARM AT 30 DEGREES ABDUCTION
 - i. ER TO 5-10 DEGREES
 - ii. IR TO 45 DEGREES
6. NO ACTIVE ER, EXTENSION, OR ABDUCTION
7. SUBMAXIMAL ISOMETRICS OF SHOULDER MUSCULATURE
8. PROPRIOCEPTION DRILLS

(WEEK 3-4)**PATIENT INSTRUCTIONS:**

1. DISCONTINUE USE OF SLING
2. USE IMMOBILIZER FOR SLEEP AS NEEDED

TREATMENT:

1. CONTINUE GENTLE ROM EXERCISES
 - a. PROM & AAROM
 - i. FLEXION TO 90 DEGREES
 - ii. ER/IR AT 45 DEGREES IN SCAPULAR PLANE
 - iii. ER IN SCAPULAR PLANE TO 15-20 DEGREES
 - iv. IR IN SCAPULAR PLANE TO 55-60 DEGREES
 - v. * NOTE RATE OF PROGRESSION BASED ON EVALUATION OF PATIENT
2. NO EXCESSIVE ER, EXTENSION OR ELEVATION
3. CONTINUE ISOMETRIC AND RHYTHMIC STABILIZATION (SUBMAX)
4. CORE STABILIZATION PROGRAM
5. INITIATE SCAPULAR STRENGTHENING PROGRAM

(WEEK 5-6)**TREATMENT:**

1. GRADUALLY IMPROVE ROM
 - a. FLEXION TO 145 DEGREES
 - b. ER AT 45 DEGREES ABDUCTION 50-55 DEGREES
 - c. IR AT 45 DEGREES ABDUCTION 66-60 DEGREES
 - d. MAY INITIATE STRENGTHENING EXERCISES
 - e. INITIATE TUBING ER/IR (ARM AT SIDE)
 - f. SCAPULAR STRENGTHENING
 - g. PNF MANUAL RESISTANCE

STAGE II: INTERMEDIATE PHASE: MODERATE PROTECTION PHASE**(WEEKS 7-14)****GOALS:**

- GRADUALLY RESTORE FULL ROM BY WEEK 10
- PRESERVE THE INTEGRITY OF THE SURGICAL REPAIR
- RESTORE MUSCULAR STRENGTH AND BALANCE
- ENHANCE NEUROMUSCULAR CONTROL

(WEEK 7-9)**TREATMENT:**

1. GRADUALLY PROGRESS ROM:
 - a. FLEXION TO 160 DEGREES
 - b. INITIATE ER/IR AT 90 DEGREES ABDUCTION
 - c. ER AT 90 DEGREES ABD: 70-80 DEGREES AT WEEK 7
 - d. ER TO 90 AT WEEKS 8-9
 - e. IR AT 90 ABD: 70-75 DEGREES
 - f. CONTINUE TO PROGRESS ISOTONIC SP
 - g. CONTINUE PNF STRENGTHENING

(WEEK 10-14)**TREATMENT:**

1. MAY INITIATE SLIGHTLY MORE AGGRESSIVE STRENGTHENING
2. PROGRESS ISOTONIC STRENGTHENING EXERCISES
3. CONTINUE ALL STRETCHING EXERCISES
 - a. PROGRESS ROM TO FUNCTIONAL DEMANDS (IE. OVERHEAD ATHLETES)

STAGE III: INTERMEDIATE PHASE: MINIMAL PROTECTION PHASE**(WEEKS 15-20)****GOALS:**

- MAINTAIN FULL ROM
- IMPROVE MUSCULAR STRENGTH, POWER, AND ENDURANCE
- GRADUALLY INITIATE FUNCTIONAL ACTIVITIES

CRITERIA TO PROGRESS PHASE III:

- FULL NON-PAINFUL ROM
- SATISFACTORY STABILITY
- ADEQUATE MUSCULAR STRENGTH
- NO PAIN OR TENDERNESS

(WEEK 15-18)**TREATMENT:**

1. CONTINUE ALL STRETCHING EXERCISES (CAPSULAR STRETCHING)
2. CONTINUE STRENGTHENING EXERCISES
 - a. THROWER'S TEN PROGRAM OR FUNDAMENTAL EXERCISES
 - b. PNF MANUAL RESISTANCE
 - c. ENDURANCE TRAINING
 - d. RESTRICTED SPORT ACTIVITIES (LIGHT SWIMMING, HALF GOLF SWINGS)
 - e. INITIATE INTERVAL SPORT PROGRAM WEEK 16-18

(WEEK 18-20)**TREATMENT:**

1. CONTINUE ALL EXERCISES LISTED ABOVE
2. PROGRESS INTERVAL SPORTS PROGRAM (THROWING, ETC.)

STAGE IV: ADVANCED STRENGTHENING PHASE**(WEEKS 21-24)****GOALS:**

- ENHANCE MUSCULAR STRENGTH, POWER, AND ENDURANCE
- PROGRESS FUNCTIONAL ACTIVITIES
- MAINTAIN SHOULDER MOBILITY

CRITERIA TO PROGRESS PHASE IV:

- FULL NON-PAINFUL ROM
- SATISFACTORY STATIC STABILITY
- MUSCULAR STRENGTH 75-80% OF CONTRALATERAL SIDE
- NO PAIN OR TENDERNESS

(WEEK 21-24)**TREATMENT:**

1. CONTINUE FLEXIBILITY EXERCISES
2. CONTINUE ISOTONIC STRENGTHENING
3. NEUROMUSCULAR CONTROL DRILLS
4. PLYOMETRIC STRENGTHENING
5. PROGRESS INTERVAL SPORT PROGRAMS

STAGE V: RETURN TO ACTIVITY PHASE**(MONTHS 7-9)****GOALS:**

- GRADUAL RETURN TO SPORT ACTIVITIES
- MAINTAIN STRENGTH, MOBILITY, AND STABILITY

CRITERIA TO PROGRESS PHASE III:

- FULL FUNCTIONAL ROM
- SATISFACTORY STABILITY
- ADEQUATE MUSCULAR STRENGTH/ ISOKINETIC TEST THAT FULLFILLS CRITERIA

TREATMENT:

1. GRADUALLY PROGRESS SPORT ACTIVITIES TO UNRESTRICTIVE PARTICIPATION
2. CONTINUE STRETCHING AND STRENGTHENING PROGRAM