

## **Rehabilitation for Bankart Labral Repair**

Please note that the surgical team may adjust any of these protocols as necessary for each individual patient. The following are guidelines only and physical therapists should contact us if they have any questions regarding our protocol and our patient's needs, limitations and expectations.

### **Phase 1: immediate postoperative phase “protected motion” (day 1-week 6)**

#### **Goals**

- Protect the anatomic repair of the anterior labrum
  - Prevent negative effects of immobilization
  - Promote dynamic stability
  - Diminish pain and inflammation
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#### **Week 0-2**

- Pillow-Sling for 4 weeks while sleeping and walking
- Elbow/hand PROM
- Hand-gripping exercises
- Passive and gentle shoulder active assistive ROM exercise
  - Flexion to 60° (week 2, flexion to 75°) - Elevation in scapular plane to 60°
  - ER/IR with arm in scapular plane
  - ER to 10°-15°
  - IR to 45°
    - No active ER or extension or abduction
- Submaximal isometrics for shoulder musculature
- Scapular retraction without resistance
- Cryotherapy, modalities as indicated

#### **Week 2-4**

- Discontinue use of sling at end of 4 weeks if patient is ready and not hyperlax\*.
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90° as tolerated
  - Abduction to 75°-90°
  - ER in scapular plane to 25°-30°
  - IR in scapular plane to 55°-60°(Note: rate of progression based on tolerance; ER does not need to be rushed.)
- No active ER, extension
- Initiate rhythmic stabilization drills with arm supported
- Initiate proprioception training
- Continue isometrics/ continue cryotherapy

**Week 4-6**

- Gradually improve ROM
  - Flexion to 145°+ as tolerated
  - ER at 45° abduction: 30-45°
  - IR at 45° abduction: 55°-60°
- May initiate stretching exercises
- Begin/Continue tubing ER/IR at the side
- PNF manual resistance
- Initiate active shoulder abduction (without resistance)
- Initiate “full can” exercise (weight of arm)
- Initiate prone rowing, prone horizontal abduction

**II. Phase 2: intermediate phase: moderate-protection phase (weeks 6-12)**

**Goals**

- Gradually restore full PROM/AROM
  - Preserve the integrity of the surgical repair
  - Restore muscular strength and balance
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**Week 6-9**

- Gradually progress PROM/AAROM/AROM as tolerated
  - Flexion to 180°
  - ER at 45-90° abduction: 45°-60°
  - IR at 90° abduction: 70°-75°
    - Wall walks, pulleys, doorway stretching
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate thrower’s ten program progressively and as tolerated
- Rotator cuff strengthening with theraband, light-resistance
- Body-blade exercises in abduction
- Ball on wall in abduction or scaption
- Elliptical trainer
- Prone scapular retraction exercises w/o weight

**Week 9-12**

- May initiate slightly more aggressive strengthening
- Progress ER to throwers motion
  - ER at 90° abduction: 70-85°+ as tolerated
- Progress isotonic strengthening exercises
- Continue all stretching exercises
  - Progress ROM to functional demands (i.e., overhead athlete)
- Continue all strengthening exercises

### **III. Phase 3: minimal protection phase (months 3-5)**

#### **Goals**

- Establish and maintain full PROM and AROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

#### **Criteria to enter phase III**

- Full non-painful AROM
  - Satisfactory stability
  - Muscular strength (good grade or better)
  - No pain or tenderness
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#### **Months 3-4**

- Continue all stretching exercises (capsular stretches)
- Maintain throwers motion (especially ER)
- May begin resisted biceps and forearm supination exercises
- Continue strengthening exercises
  - Throwers ten program or fundamental exercises
  - PNF manual resistance
  - Endurance training
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)
  - Ok to work on contact sport activities such as conditioning.

#### **Months 4-5**

- Continue all exercise listed above
- Continue all stretching
- Continue throwers ten program
- Continue progressing plyometric program
- Continue returning to non-contact sport specific drills as tolerated
- Initiate interval sport program (throwing, etc.)
  - **See interval throwing program**

### **IV. Phase 4: advanced strengthening phase (months 5-6)**

#### **Goals**

- Enhance muscular strength, power, and endurance
- Progress functional activities
- Maintain shoulder mobility

#### **Criteria to enter phase IV**

- Full non-painful AROM all directions

- Satisfactory static stability
  - Muscular strength 85-90% of contralateral side
  - No pain or tenderness
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**Months 5-6**

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual-resistance patterns
- Plyometric strengthening
- Progress interval sport programs
- Return to normal weightlifting overhead without restrictions
  - Consider avoiding heavy weight flies or exercises that place you in extreme ER.
- Return to contact sports by 6 months