

## Anterior Labral/Bankart Repair Protocol

Dr. Erickson

Time Frame	Treatment
Phase I (0-6 weeks after surgery)	<ul style="list-style-type: none"> <li>● Precautions:               <ul style="list-style-type: none"> <li>○ Sling for 6 weeks continuously except for rehab and hygiene care, then can wean from use.</li> <li>○ No shoulder external rotation with abduction for 6 weeks after surgery</li> <li>○ No lifting or supporting body weight with hands</li> </ul> </li> <li>● Suggested Exercises:               <ul style="list-style-type: none"> <li>○ Elbow, wrist, neck AROM</li> <li>○ Ball squeezes</li> <li>○ Shoulder shrugs/ scapular squeezes</li> <li>○ May begin Codman's at 2 weeks</li> <li>○ Sub-maximal shoulder isometrics beginning at 3 weeks.</li> </ul> </li> </ul>
Phase II (6-10 weeks after surgery)	<ul style="list-style-type: none"> <li>● Precautions:               <ul style="list-style-type: none"> <li>○ No lifting or supporting body weight with hands</li> <li>○ Avoid passive and forceful movements into shoulder external rotation and abduction</li> </ul> </li> <li>● Suggested Exercises:               <ul style="list-style-type: none"> <li>○ Active assist and active ROM in all cardinal planes starting at 6 weeks post op</li> <li>○ Scapular strengthening and dynamic control</li> <li>○ Rotator cuff strengthening in non-provocative positions (0 -45 degrees of abduction)</li> </ul> </li> </ul>
Phase III (10-16 weeks)	<ul style="list-style-type: none"> <li>● Precautions:               <ul style="list-style-type: none"> <li>○ No restrictions on external rotation, but should be normalized to other side gradually through active ROM with appropriate joint stability and positioning.</li> </ul> </li> <li>● Suggested Exercises:               <ul style="list-style-type: none"> <li>○ Progress PROM and AAROM to full ROM</li> <li>○ Light resistance strengthening</li> </ul> </li> </ul>
Phase IV (16 weeks after surgery)	<ul style="list-style-type: none"> <li>● Precautions               <ul style="list-style-type: none"> <li>○ Progress gradually into provocative exercises beginning with low velocity</li> </ul> </li> <li>● Suggested Exercises:               <ul style="list-style-type: none"> <li>○ Gradual progression of strengthening exercises</li> <li>○ Progress into desired functional activities and sport specific activities</li> </ul> </li> </ul>