



## Arthroscopic Bankart (Labral) Repair

### Phase I - Immediate Postoperative Phase "Restrictive Motion" (Weeks 0-6)

#### Goals:

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability and proprioception
- Diminish pain and inflammation

#### Weeks 0-2:

- Sling for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 70 degrees week 1
  - Flexion to 90 degrees week 2 (table slide OK)
  - ER/IR with arm at 30 degrees abduction
    - ER to 5-10 degrees
    - IR to 45 degrees
    - NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- Rhythmic stabilization drills ER/IR
- Proprioception drills
- Cryotherapy, modalities as indicated

#### Weeks 3-4:

- Discontinue use of sling
- Use immobilizer to sleep \*\*discontinued at 4 weeks unless otherwise directed by physician

- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR at 45 degrees abduction in scapular plane
    - ER to 15-20 degrees
    - IR to 55-60 degrees
  - Note : Rate of progression based on evaluation of patient
- No excessive ER, extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program
- Initiate scapular strengthening program
- May add cardio exercise at the gym (stationary bike > elliptical > treadmill) and leg strengthening
- Continue use of cryotherapy

#### *Weeks 5-6:*

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 55-60 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening
- PNF manual resistance

### Phase II - Intermediate Phase: Moderate Protection Phase (Weeks 7-14)

#### *Goals:*

- Gradually restore full ROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Enhance neuromuscular control

### *Weeks 7-9:*

- Gradually progress ROM
  - Flexion to 160 degrees
  - Initiate ER/IR at 90 degrees abduction
    - ER to 70-80 degrees (week 7)
    - ER to 90 degrees (weeks 8-9)
    - IR 70-75 degrees
  - Continue to progress isotonic strengthening program
  - Continue PNF strengthening

### *Weeks 10-14:*

- May initiate slightly more aggressive strengthening
- Progress Isotonic strengthening exercises
- Continue all stretching exercises
- \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)
- May run outside, rollerblading, road bike after week 10

## Phase III - Minimal Protection Phase (Weeks 15-20)

### *Goals:*

- Maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

### *Criteria to Enter Phase III:*

- Full non -painful ROM
- Satisfactory stability
- Muscular strength (good grade or better)
- No pain or tenderness

### *Weeks 15-18:*

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises
  - PNF manual resistance
  - Endurance training
  - Restricted sport activities (light swimming, half golf swings)
  - May begin push-up progression (wall to table to floor) NO shoulder hyperextension in weight bearing for 3 months
  - No heavy resistance training for 3+months
  - At 3+ month post op may begin return to swimming progression if patient has sufficient ROM and strength
  - At 4-5 months may begin interval throwing program (if sufficient ROM and strength)
  - No contact sports until 6+ months post-op and with Physician clearance

## Phase IV - Advanced Strengthening Phase (Weeks 21-24)

### *Goals:*

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

### *Criteria to Enter Phase IV:*

- Full non-painful ROM
- Satisfactory static stability
- Muscular strength 75-80% of contralateral side
- No pain or tenderness

### *Weeks 21-24:*

- Continue flexibility exercises
- Continue isotonic strengthening program
- NM control drills
- Plyometric strengthening
- Progress interval sport programs

## Phase V - Return to Activity Phase (Month 7-9)

### *Goals:*

- Gradual return to sport activities
- Maintain strength, mobility and stability

### *Criteria to Enter Phase V:*

- Full functional ROM
- Satisfactory isokinetic test fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness

### *Exercises:*

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program

These are general guidelines, which may be altered according to the judgment of the surgeon and physical therapist.