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## **Anterior Labral Repair (Bankart) Rehabilitation Guidelines**

Sling x 4 weeks (ABduction pillow x 2 weeks) except for bathing and PT

### **Phase I Protected ROM**

#### **Post-Op Weeks 0-6**

##### **Goals**

1. Re-establish non-painful ROM
2. Retard muscle atrophy of the entire upper extremity complex
3. Improve neuromuscular control of the scapula in the neutral glenohumeral position
4. Decrease pain and inflammation

##### **Precautions**

1. Patient to Remain in Sling at all Times except Dressing/Bathing/PT until Week 4
2. Avoid Stressing Anterior Inferior Labrum (and Repair)  
(No Shoulder Ext/IR behind Back/Lifting/ER in Abduction)

##### **Activities**

#### **Post-Op Weeks 0-4**

1. Post-surgical brace and/or splint can be removed 2-3 times per day for gentle PROM/AAROM and Codman's Pendulum exercises
2. Light isometrics
3. Gentle Scapulothoracic Stabilization/Mobilization
4. Active elbow flexion and extension
5. May squeeze soft ball

#### **Post-Op Weeks 5-6**

1. Brace and/or splint are discontinued
2. Begin Lower Extremity and Core Strengthening, Light Cardio Training
3. PROM progressing to Full PROM at Week 6 (including ER with Shoulder in Abduction)
4. Begin Posterior Capsular Stretching if Necessary (added earlier if release done)
5. Progress Scapulothoracic Stabilization/Mobilization/Isometrics
6. If Full PROM Achieved, therapist may add AAROM in all Planes

### **Phase II Early Strengthening**

#### **Post-Op Weeks 7-12**

##### **Goals**

1. Begin AROM and advance
2. Gradual Return of Shoulder/Scapular Strength, Power and Endurance
3. Prepare for Return to Functional Activities

##### **Precautions**

1. No Lifting > 10 lbs, Sudden Lifting or Pushing, Overhead Lifting

##### **Activities**

#### **Post-Op Weeks 7-12**

1. Progress Gentle PREs in all Planes of Movement (add Biceps PREs last to protect repair)
2. Begin active- assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
3. Add Light PNF Patterns (Bodyblade/Plyoball/etc. in non-Provocative Positions)
4. Progressive Rotator Cuff Strengthening
5. Progress Scapulothoracic Stabilization/Mobilization/Strengthening

### **Phase III Functional Rehabilitation**

#### **Post-Op Weeks 13-16**

##### **Goals**

1. Gradual return to full AROM

##### **Activities**

#### **Post-Op Weeks 13-16**

1. Continue Rotator Cuff and Elbow Flexion strengthening
  - a. Emphasize external rotation and latissimus eccentrics
2. Emphasize Rhythm and Timing with PNFs (Bodyblade Overhead, Plyoball Throwing)
3. Stabilize Glenohumeral and Scapulothoracic Joint in Functional Position
4. Continue Total Body Conditioning (Core, Cardio and Lower Extremity)

### **Phase IV Return to Activity**

#### **Post-Op Months 4-5**

##### **Goals**

1. Full and pain-free

##### **Activities**

1. Aggressive scapular stabilization and eccentric strengthening
2. Begin plyometric program
3. Continue with endurance activities
4. Begin Interval Throwing Program if ROM/Strength Adequate (Overhead Throwers)
5. Maintain ROM and flexibility

### **Phase IV Return to Sport**

#### **Post-Op Months 6-7**

##### **Goals**

1. Full and pain-free

##### **Activities**

1. Return to full activity as tolerated