



ANTERIOR LABRAL / ANTERIOR BANKART REHABILITATION

0-3 wks post-op *Passive Range of Motion (PROM)

- Ice and modalities for pain and inflammation
- Glenohumeral ER – Limit to 20° ER at 0° ABD (Focus on glenohumeral motion and not gross shoulder motion.)
- Glenohumeral ABD 0° - 60°
- Gross shoulder Elevation (Sagittal plane) 0° - 90°.
- No IR stretch (arm to stomach when elbow at side only).
- Pendulums/Codman's
- Sling for sleep and most activity, o.k. to remove for sedentary periods.
- OK to use hand cautiously for functional tasks such as typing.
- Postural work, upper trapezius relaxation, active scapular retraction and depression.
- Encourage a walking program, stationary bike, etc for limited cardio.
- Wrist/Hand ROM. Elbow ROM

3-6 wks post-op *Active Assisted Range of Motion (AAROM) Active Range of Motion (AROM)

- Glenohumeral ER – Work toward full ER at 0° ABD, 45° at 45° ABD, 30° at 90° ABD
- Gross shoulder Elevation (Sagittal plane) 0° - full
- Internal rotation to Full with arm at side and 90° Abduction, gentle stretch o.k.
- Begin active assisted elevation supine. When at least 150°, progress to upright active assisted elevation and supine active elevation. When supine active elevation at least 150°, progress to upright active elevation.
- No sling needed beyond week 4. May use it for safety.
- Aquatic Therapy AAROM-AROM
- Submaximal isometrics when patient has active elevation to at least 85% contralateral side.

**Goals at 6 weeks: Full ER and elevation, functional use of arm at side, minimal pain, good posture.

6+ wks post-op *Resistance

- OK to begin pure Flexion and ABD stretches, ER stretch, and IR stretch. No ABD/ER stretch until 10-12 weeks.
- Isometrics
- Should be to full ER at 0° and 45° ABD. Limit to 45° ER at 90° ABD start of phase, advance to full ER in 90° abd by weeks 10-12.
- Begin gentle isotonic exercises week 10. Rotator cuff and Scapular stabilization.
- Closed chain exercises such as wall pushups week 8.
- OK to run
- Progressive resistance individualized to patient progress.

3+ months post-op *Return to Lower Demand Sports - develop progressive, sport-specific goals prior to full participation

- Golf (trailing arm may be ready to return before lead arm), Fly fishing

5+months post-op *Return to Sport

- Throwing, Racquet Sports, Boating, Skiing
- Return to weightlifting