



POSTERIOR LABRAL REPAIR / POSTERIOR BANKART PROTOCOL

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

- Ice and modalities for pain and inflammation
- Glenohumeral ER – Work toward 60% of contralateral ER (Focus on glenohumeral motion and not gross shoulder motion.)
- Glenohumeral ABD 0° - 75°
- Gross shoulder Elevation (Scaption) 0° - 120°. No sagittal plane Flexion stretch.
- 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 cardio and fighting "the blues".
- 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 75-100% ER as easily tolerated (position at 60° ABD).
- Gross shoulder Elevation (Scaption) 0° - full
- Internal rotation to 40° with arm at 90° Abduction, no stretch.
- 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 scaption, functional use of arm at side, minimal pain, good posture.

6+ wks post-op *Resistance

- OK to begin pure Flexion and ABD stretches, IR stretch in full ABD - no aggressive ER stretch until 10+ weeks.
- Isometrics
- Begin gentle isotonic exercises week 10
- 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