

**Orthopedic Associates of Hartford, P.C.**

**J. Kristopher Ware, M.D**

31 Seymour St #100

Date of Surgery:

Hartford, CT 06106

Phone: 860-244-1017, Fax: 860-524-8965

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**Post-Operative Rehabilitation Protocol:**

**Arthroscopic Anterior Labral (Bankart) Repair**

**PHASE I: PROTECTIVE PHASE (WEEKS 0-6)**

GOALS: Allow soft tissue healing, diminish pain/inflammation, protected motion, retard muscle atrophy.

**I. Immediate Post-Operative to Week 2:**

A. General:

- \* Sling for first three to four weeks (6 weeks for MDI)
- \* Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- \* Non-weight bearing

C. Range of Motion Goals:

- \* Passive and AAROM
  - o Forward flexion 75°-90° with arm in neutral rotation
  - o Abduction to 75°-90° with arm in neutral rotation
  - o IR in scapular plane 40° by 2 weeks
  - o ER in scapular plane 25° by 2 weeks
  - o ***NO combined abduction/external rotation***

D. Treatment / Exercises:

- \* Begin pendulum exercises in sling
- \* Active elbow and wrist range of motion
- \* Shoulder shrugs, protraction, retraction

**II. Weeks 2-4:**

A. General:

- \* Sling for first three to four weeks (6 weeks for MDI)
- \* Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- \* Non-weight bearing

C. Range of Motion Goals:

- \* Passive and AAROM

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- o Forward flexion to 125°-135° with arm in neutral rotation
- o Abduction to 125°-135° with arm in neutral rotation
- o Full IR in scapular plane
- o ER in scapular plane to 45° by Week 4
- o At Week 4, begin 30° ER/IR at 90° abduction

**D. Treatment / Exercises:**

- \* Continue above treatment
- \* Light isotonic program
- \* ER/IR bands (0° abduction)
- \* Scapular strengthening/stabilization
- \* Biceps/triceps strengthening

**III. Weeks 4-6:**

**A. General:**

- \* Discontinue sling (unless MDI – d/c sling at 6 Weeks)
- \* Cryotherapy unit or ice 20 minutes/hour

**B. Weight Bearing:**

- \* As tolerated when arm at side
- \* Non-weight bearing overhead or in abduction/external rotation

**C. Range of Motion Goals:**

- \* Passive and AAROM
  - o Forward flexion to 145°-160° by Week 6
  - o Abduction to 145°-160° by Week 6
  - o Full IR in scapular plane
  - o Full ER in scapular plane
  - o ER at 90° abduction to 75°-85°
  - o IR at 90° abduction to 65°-70°

**D. Treatment / Exercises:**

- \* Continue above treatment

**IV. Weeks 6-8:**

**A. General:**

- \* Discontinue sling – all patients
- \* Cryotherapy unit or ice 20 minutes/hour as needed

**B. Weight Bearing:**

- \* As tolerated when arm at side

**C. Range of Motion Goals:**

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- \* Passive and AAROM
  - o Forward flexion to 180°
  - o Abduction to 170°
  - o Full IR in scapular plane
  - o Full ER in scapular plane
  - o ER at 90° abduction to 90°-100°
  - o IR at 90° abduction to 70°-75°

**D. Treatment / Exercises:**

- \* Continue above treatment
- \* Manual resistance
- \* Rotator cuff, scapular stabilizers
- \* Initiate plyometrics (two hand drills)

**PHASE II: INTERMEDIATE PHASE (WEEKS 8-12)**

**GOALS:** Restore functional ROM, improve neuromuscular control, early strengthening.

Enter phase II if:

- ✓ Minimal pain/tenderness
- ✓ ROM goals stated above are met

**V. Weeks 8-12:**

**A. General:**

- \* As above

**B. Weight Bearing:**

- \* WBAT

**C. Range of Motion Goals:**

- \* Progress to FROM for patient/athlete demands

**D. Treatment / Exercises:**

- \* Continue above treatment
- \* Isotonic program
- \* Initiate push ups, shoulder press, bench press, pull downs, single arm plyometrics

**PHASE III: ADVANCED ACTIVITY AND STRENGTHENING PHASE (Months 3-5)**

**GOALS:** Improve strength/endurance, improve neuromuscular control.

Enter phase III if:

- ✓ Full ROM obtained

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- ✓ No pain/apprehension with above treatment
- ✓ Strength at least 70% of uninvolved arm

#### **VI. Months 3-4:**

A., B., C. As above

##### **D. Treatment / Exercises:**

- \* Continue above treatment
- \* Isotonic program
- \* Isometrics, plyometrics, neuromuscular control
- \* Self capsular stretching, AROM, passive stretching
- \* Initiate Interval Sports Program (sport specific)

#### **VII. Months 4-5:**

A., B., C. As above

##### **D. Treatment / Exercises:**

- \* Continue above treatment
- \* Resume normal training
- \* Progress interval program

### **PHASE IV: RETURN TO ACTIVITY PHASE (Months 5+)**

GOALS: Gradual return to unrestricted activity.

Enter phase if:

- ✓ Full ROM obtained
- ✓ No pain/tenderness
- ✓ No apprehension with combined abduction/external rotation
- ✓ Upper extremity strength at least 85% of uninvolved arm

#### **VIII. Months 5+**

A., B., C. As above

##### **D. Treatment / Exercises:**

- \* Continue above treatment
- \* Gradual return to competition months 6-8

#### **\* Addendum**

This protocol provides general rehabilitation guidelines following Arthroscopic Anterior Labral (Bankart) repair. It is subject to modification depending on the degree of injury, the type and extent of associated surgical intervention, as well as

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your individual progress post-operatively. For any questions, please call my office at 860-549-8295.