



2Anterior Labral Repair Rehabilitation Protocol **(Arthroscopic or Open)**

INDICATED PROCEDURES:

- Posterior labral repair/posterior capsulorrhaphy
- Anterior labral repair/anterior capsulorrhaphy
- SLAP repair
- *See rotator cuff repair protocol if performed concomitantly
- *If SLAP repair performed avoid resisted elbow flexion and humeral head depression for 6 weeks post-op

PHASE 1 (0 to 3 weeks for open repair) (0-4 weeks for arthroscopic repair)

- 2-3 visits/week
- Patients <25 years of age begin physical therapy at 1 week post-op
- Patients >25 years of age start physical therapy within 3-4 days post-op
- Shoulder sling placed in OR. May remove for dressing and hygiene. Wear shoulder sling for 4-6 weeks for open repair; 3-4 weeks for arthroscopic repair. Orthopedic Surgeon may remove the sling sooner if patients are having trouble regaining range of motion.
- May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth, writing and occasional keyboard use. May also remove for exercises, showering and dressing.

Exercises:

- Elbow ROM
- Tennis ball for grip
- Co-contraction of biceps/triceps at 0, 30, 60, 90 and 120 degrees
- Pendulum exercises
- Passive ROM 0-120 degrees forward elevation in scapular plane, external rotation with arm at side to 30 degrees



<u>ROM Goals</u>		
Weeks	FF	ER
0 – 2	90°	10°
2 – 4	120°	30°
4 – 6	140°	45°
6 – 8	160°	60°
8 – 10	Full	Full
*Prefer 5° less than normal side.		

PHASE 2 (4-12 weeks)

- 1-2 visits/week, increase number of visits if ROM lagging behind

ROM

- AROM/PROM for all shoulder motion
- IR/ER exercises at 5 weeks post-op against gravity - no isometrics
- Home Program:
 - Overhead pulleys if needed
 - Wand exercises

Exercises

- Reps: 7-10 x 10 seconds each - progress to 30 x 10 second each
- Isometric Exercises
 - Start at 4 weeks post-op per isometric exercise sheet
 - No IR or adduction until 6 weeks post-op
 - Pain-free only
 - Reps: 7-10 x 10 seconds each - progress to 30 x 10 second each
- Scapular stabilization exercises



PHASE 3 (3-6 months)

- Overhead lifting/traction as tolerated at 4 months

Calisthenic Exercise

- No pull-ups, push-ups, or dips until at least 5 months post-op
- Throwing Activity - start at 4 months post-op. Follow function progression per IAM program. Progress as tolerated
- Return to sport at 6 months post-op if PT goals have been met
- Full return to competitive throwing until throwing program successfully completed at 6-8 months

This protocol provides you with general guidelines for the rehabilitation of the Bankart Shoulder patient. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient, the physician should be contacted.