

Arthroscopic Labral Repair (Bankart)

Post-Operative Instructions and Precautions

1. Able to use the arm for activities at waist level (upper arm should remain against the body)
2. No leaning on the elbows
3. No sleeping on the involved side; rest involved side on a pillow for comfort
4. No sudden movements
5. No lifting or carrying with the involved arm
6. No pushing or pulling with the involved arm
7. Wear your sling as directed for 4-6 weeks following the surgery

Phase I-Weeks 0-6

1. Permit healing of the capsuloligamentous-labral healing
2. Control pain and inflammation
3. Educate patient regarding restrictions and guidelines for healing
4. Initiate early range of motion exercises:
 - ❖ Pendulums
 - ❖ Gripping, elbow, wrist, and hand range of motion
 - ❖ Submaximal isometrics for shoulder musculature (no biceps with Type II and IV SLAP repair)
 - ❖ Pulleys forward elevation and into the scapular plane
 - ❖ T-bar, table/counter slides, elbow range of motion out of the sling *No ER with abduction*
 - ❖ Passive and gentle active assistive range of motion of the shoulder
 - Flexion 0-90 degrees
 - Elevation in scapular plane 0-90 degrees
 - ER/IR with up to 20 degrees abduction-0-30 degrees ER, IR to 45 degrees
 - *No Active motion*

Phase II-Weeks 6-8

1. Wean from the sling as tolerated
2. Progress ROM to restrictions of:
 - Flexion to 160 degrees
 - ER/IR at 45 degrees to 70-75 degrees by end of the phase III
 - Shoulder extension to 30-35 degrees
3. Re-establish arthrokinematics of the glenohumeral and scapulothoracic joints
4. Decrease pain and inflammation
5. Improve strength:
 - ❖ Progressive resistive exercises (PREs)-with limited range of motion (not breaking the plane of the body)
 - ❖ Rhythmic stabilization in supine actively and manually resisted within restricted range

- ❖ IR/ER tubing at 0 degrees abduction
 - ❖ May begin light resistance for biceps
 - ❖ PNF pattern strengthening manually resisted
6. Stretches for IR and cross body adduction

Phase III-Weeks 8-12

1. Increase strength of the rotator cuff musculature and scapular stabilizers
2. Increase deltoid and total arm strength (including biceps, triceps, and forearms)
3. Begin strengthening in provocative ranges as tolerated
4. Exercise activities for phase:
 - ❖ Continue and advance PREs
 - ❖ Free weight training (abduction, ER at 45 degrees abduction/scapular plane, forward elevation)
 - ❖ Body blade in various positions
 - ❖ Plyoball progression (begin with chest passes → 90:90 by end of the phase)

Phase IV-Weeks 12-16

1. Initiate return to sport or occupational activities
2. Exercise activities for phase:
 - ❖ Bodyblade in overhead positions
 - ❖ Plyoball throwing
 - ❖ Work-specific or sport-specific activities