

PHYSICAL THERAPY PROTOCOL: Arthroscopic Anterior Labral Repair, Bankart Repair

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Weeks 0-1: Patient will do home exercises given in post-op (Pendulum, elbow and wrist ROM, etc.)

Phase 1 → 1-4 Weeks Post-Op

- Sling for 4 weeks at all times

Range of Motion/Goals:

- PROM → AAROM → AROM as tolerated: Restrict motion to 90 degrees forward flexion; 20 degrees ER at side; IR to stomach; 45 degrees ABD
- No cross-body adduction until 6 weeks

Exercises:

- Isometric in sling

Heat before PT, ice after PT sessions

Phase 2 → 4-8 Weeks Post-Op

-D/C sling

Range of Motion:

- AROM forward flexion 160 degrees; ER at side to 45 degrees; ABD 160 degrees; IR behind back at waist level

Exercises:

- Strengthening (isometrics/light bands) within AROM limitations as above, horizontal abduction exercises
- Begin scapular stabilization (traps, rhomboids, etc.)
- Physical modalities per PT discretion

Phase 3 → 8-12 Weeks Post-OpRange of Motion:

- If deficient in ROM → increase to full with gentle PROM stretching at end ranges

Exercises:

- Advance strengthening as tolerated: isometrics → bands → weights (1-5lbs) for 8-12reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers

Phase 4 → 3-12 Months Post-op

- Strengthening limited to 3x per week to prevent cuff tendonitis
- Begin upper extremity ergometer
- Begin eccentrically resisted motions, plyometrics (weighted ball toss, etc.), proprioception (body blade, etc.), and closed chain exercises at 12 weeks.
- Begin sports related rehab and advanced conditioning at 3 months
- Return to throwing at 4 ½ months, throw from pitcher's mound at 6 months