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REHABILITATION PROTOCOL – ARTHROSCOPIC LABRAL REPAIR (BANKART)

Phase I (0-6 weeks)

ROM:

- ONLY pendulums for weeks 0-2
- PROM only: limit to FF: 90°, ER: 45°, Extension: 20°

Sling:

- Weeks 0-2: Worn at all times; off for elbow ROM + pendulums
- Weeks 2-6: Worn during the day only; off for elbow ROM, PT, sleeping

Exercises:

- Wrist/hand ROM; pendulums
- **Weeks 2-6:** wall stretches shoulder ROM (AA), closed chain scapular strengthening; avoid stretch of anterior capsule

Phase II (6-12 weeks)

ROM:

- PROM as tolerated (goal is full PROM); advance AA, start active
- Advance ER slowly

Sling: None

Exercises:

- Continue as above
- Deltoid, rotator cuff isometrics
- Resistance exercises periscapular muscles, triceps, biceps, rotator cuff (keep exercises below horizontal plane)

Phase III (12-16 weeks)

ROM: Full (goal is full AROM)

Sling: None

Exercises:

- Continue as above
- Advance eccentric strengthening of rotator cuff, deltoid, scapular stabilization
- Cycling, running OK

Phase III (16-24 weeks)

ROM: Full

Sling: None

Exercises:

- Continue as above
- Work and sport specific exercises (plyometrics, throwing)

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