

# Arthroscopic Labral Repair (Bankart)

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## Post-Operative Instructions and Precautions

1. Able to use the arm for activities at waist level (upper arm should remain against body)
2. No leaning on 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 surgery
8. \*Initiation of physical therapy may be delayed until week 4 for patients with multiple dislocations or multidirectional instability\*

## Phase 1-- Weeks 0-4

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 ROM exercises:
  - Pendulums
  - gripping , elbow, wrist and hand ROM
  - Submaximal isometrics for shoulder musculature
  - Passive and gentle active assistive ROM of the shoulder
    - Flexion 0-90 degrees
    - Elevation in scapular plane 60-90 degrees
    - ER/IR with up to 20 degrees abduction- 5-10 degrees ER, IR to 45 degrees
    - \*No active ER extension or abduction\*

## Phase II-- Weeks 4-6

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
  - Shoulder extension to 30-35 degrees
3. Re-establish arthrokinematics of the glenohumeral and scapulothoracic joints
4. Decrease pain and inflammation
5. Improve strength:
  - Scapular retraction and shoulder shrugs
  - Manual resistance for glenohumeral and scapulothoracic joints
  - Strengthening for ER, IR and extension
6. Stretches for IR and cross body adduction

## Phase III-- Weeks 6-12

1. Increase strength of the rotator cuff musculature and scapular stabilizers
2. Increase deltoid and total arm strength (including biceps, triceps and forearm)
3. Begin strengthening in provocative ranges as tolerated
4. Exercise activities for phase:
  - PREs with free weight resistance
  - Progress Bodyblade, free weight resistance in various positions
  - Initiate stretching in provocative positions

## Phase IV-- Weeks 12-16

1. Initiate return to sport or occupational activities (if not already returned)
2. Exercise activities for phase:
  - Bodyblade in overhead positions
  - Plyoball throwing
  - Work specific or sport-specific activities