



Mid-America Orthopedics

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Anterior Labral Repair/Bankart Repair Protocol

Days 0-20

- **Immobilization:** Sling with abduction pillow worn continuously until 6 weeks post-op.
- **ROM: PROM to 140 degrees of flexion; 90 degrees of abduction; 20 degrees of ER; IR as tolerated.**
Elbow, wrist, hand ROM.
- **Strength:**
Grip strengthening.
Isometric ABD, ER, IR with elbow at side.

Days 21-41

- **ROM: PROM to 60 degrees of ER.** Increase to full PROM all other planes as tolerated.

Day 42 (end of week 6)

- **Immobilization:** DC sling.
- **ROM:** Increase to full ROM all planes as tolerated.
Begin gentle joint mobs.
Begin pulleys/canes and other exercises for ROM.
- **Strength:**
Continue elbow/wrist/hand ROM and grip strengthening.
Begin prone extension and scapular stabilization exercises.
Advance isometrics to use of a theraband.

Day 49 (end of week 7)

- **ROM:** Progress to full AROM without pain.
- **Strength:**
Advance theraband exercises with use of weights.
Begin UBE.
Continue PRE and total arm strengthening.

End of week 12 to 6 months

- Full ROM without discomfort
- May return to weight room at 12 weeks
- **Exercise:**
Advance into more functional strengthening.
Begin functional progression to work/sport.

End of 6 months

- Return to competitive sports including contact sports if approved.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.