



Mid-America Orthopedics

Dr. Pat Do

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SLAP/BANKART REPAIR PROTOCOL

Weeks 0-3

- **PRECAUTIONS: NO FORCEFUL ACTIVE BICEPS CONTRACTION FOR 6 WEEKS**
- **Sling:** Wear continuously except for hygiene and exercise
- Pendulum only

Weeks 3-8

- **PRECAUTIONS: NO FORCEFUL ACTIVE BICEPS CONTRACTION FOR 6 WEEKS**
- **Sling:** continue if needed for comfort only through post-op week 6.
- **Exercise:**
 - Begin submaximal isometrics
 - Begin AROM & AAROM
 - Flexion to 90
 - Abduction to 90
 - ER 0-30 at neutral
 - Full IR
 - Continue with ROM ex as above
- **PROM:**
 - Flexion to 90
 - Abd to 90
 - ER 0-30 at 45 degrees

Weeks 8

- **Exercise:**
- Gentle ROM & strengthening