



Mid-America Orthopedics

Dr. John Babb

12112 W. Kellogg, Wichita, KS 67235 – (316) 630-9300

ANTERIOR LABRAL REPAIR / BANKART REPAIR PROTOCOL

Day 1-20 (1-3 Visits/week)

- Immobilization: Sling continuously worn with abduction pillow for 6 weeks. May remove sling for hygiene and exercise.
- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars
- **Exercise:**
 - Elbow/wrist/hand ROM
 - Grip strengthening
 - Isometric abd/ER/IR with elbow at side
- **PROM:**
 - ER limited to 40°
 - Active flexion to 140°
 - Internal rotation as tolerated
 - Abduction to 90°

Day 21-41 (1-3 Visits/week)

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

6 Weeks Post-op (1-3 Visits/week)

- **Immobilization:** DC sling
- **Exercise:**
 - Continue elbow/wrist/hand ROM and grip strengthening
 - Begin prone extension and scapular stabilization exercises
 - Advance isometrics to use of a theraband
- **AAROM:**
 - Increase to full ROM all planes as tolerated

- Begin gentle joint mobs
- Begin pulleys/canes and other ex for ROM

7-12 Weeks Post-op (1-3 Visits/week)

- **AROM:** Progress to full AROM without pain
- **Exercise:**
 - Advance theraband ex with use of weights
 - Begin UBE
 - Continue PRE and total arm strengthening

3-6 Months Post-op

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

6 Months Post-op

- 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) 630-9300.