



EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

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ANTERIOR LABRAL REPAIR/BANKART REPAIR PROTOCOL

Weeks 1-3 (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 they fall off on own.
- No ointments, betadine etc. should be used on the incision or portals.
- If any drainage/oozing is present recover with 4x4's and notify Dr. Strickland (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.
- Patient may shower after POD #3. No submersion of wounds in water for 4 weeks.
- **Exercise:**
 - Elbow/wrist/hand ROM
 - Grip strengthening
 - Isometric abd/ER/IR with elbow at side
- **PROM:**
 - ER limited to **20°**
 - Active flexion to **140°**
 - Internal rotation as tolerated
 - Abduction to **90°**

Weeks 4-5 (1-3 visits/week)

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

Week 6 (1-3 visits/week)

- **Immobilization:** DC sling
- **Exercise:**
 - Continue elbow/wrist/hand ROM and grip strengthening

- Begin prone extension and scapular stabilization ex
- 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

Weeks 7-12 (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

12 weeks – 6 months

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

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) 219-8299.