

Anterior Labral (Bankart) Repair

Physical Therapy Protocol

Keys to a Successful Outcome

- Pain > 4/10 = Hold progression
- Precaution with external rotation should be taken during early rehabilitation as this places stress on the repair.

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-2	Worn at all times	0-2 wks: None	NWB	Elbow/wrist ROM, grip, closed chain scapula, gentle pendulums
Weeks 2-6	Worn during day only**	Start gentle PROM, limit FF to 90°, ER to 45°, ext to 20°	NWB	Post capsule mob, avoid stretch of ant capsule and ext, deltoid/RTC isometrics
Weeks 6-12	None	Begin AAROM, FF 135°, full ER and ext, Abd 90	PWB 50%	Begin resistive exercises for scapular stabilizers, biceps, triceps, and RTC
Weeks 12-16	None	Gradual return to FAROM		Emphasize ER and lat eccentrics, advance from bands to weights, endurance activities
Months 4-6	None	FAROM		Begin plyometrics, aggressive scap stabilization,
Months 6+	None	FAROM		

**May remove sling if arm is supported on chair/desk/table (i.e. desk work, eating)

Patient Instructions

- Lower body, core, and gentle stationary bike okay immediately if arm in a sling

General Time Frames for ADLs

- Driving: 2-8 wks
- Elliptical/Running/Cycling: 12 weeks
- Desk/light return to work: 4-8 wks
- Golf (chipping/putting): 8-12 wks
- Throwing: 5 mo