

## Arthroscopic Labral Repair (Bankart Repair) Rehabilitation Protocol

### KEVIN KO, MD

Shoulder and Elbow Surgeon  
OPA Orthopedics  
Seattle, WA

### **Phase I: Protect repair** (*0 to 6 weeks*)

- May remove dressing and shower postop day # 3.
- Sutures are all underneath the skin and will dissolve on their own.
- Ice encouraged for the first week at a minimum: should be used 3-4 times per day once the nerve block has worn off.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises
  - Passive and active assistive ER at the side to 30, flexion to 130, true glenohumeral scapular plane abduction 90
- May start active scapular mobility exercises at 3 to 4 weeks – Must keep the shoulder musculature relaxed.
- Avoid range of motion into abduction, ER >30 degrees or active IR

### **Phase II: Progress ROM & Protect Repair** (*6 to 12 weeks*)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM:
  - ER at the side and flexion to tolerance
  - Scapular plane elevation to 130
  - IR and extension to tolerance
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid combined abduction and ER ROM, active or passive.

### **Phase III: Full function** (*>3 months*)

- Begin combined abduction and ER ROM and capsular mobility.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.