

Anterior Labral (Bankart) Repair Protocol

- A. 0-2 weeks post-op
 1. Abduction sling
 2. Frequent cryotherapy and modalities as indicated
 3. PROM phase transition to AAROM phase with ROM restrictions
 - ER 45°
 - Abd 60°
 - Flex 90°

- B. 2-4 weeks post-op
 1. Abduction sling
 2. Cryotherapy and modalities as indicated
 3. AROM phase with ROM restrictions
 - ER 60°
 - Abd 90°
 - Flex 120°

- C. 4-6 weeks post-op
 1. Wean from pillow
 2. Cryotherapy and modalities as indicated
 3. ROM now to tolerance in all planes unless otherwise directed by physician
 4. Exercise: Light but progressive strength work following anterior instability precautions

- D. 6-12 weeks post-op
 1. Wean from sling
 2. Continue ROM work as needed
 3. Progressive, comprehensive UE strength and stabilization program following anterior instability precautions

- E. 12-16 weeks post-op
 1. Start sport specific activities and interval programs
 2. Physician cleared