

Dr. Preston Wolin

Posterior Labral/Bankart Protocol

(Adapted from Paul Kiritsis, MD)

Please call 773.248.4150 with any questions, or if patient is not progressing

- Phase I: Immediate Post-Operative Phase (Restrictive Motion)
 - Goals
 - Protect the anatomic repair
 - Prevent the negative effects of immobilization
 - Promote dynamic stability
 - Decrease pain and inflammation
 - Week 0-2
 - Sling
 - Donned for 4 weeks in ER
 - Wear during sleep for 4 weeks
 - PROM/AAROM
 - PROM and gentle AAROM
 - Flexion to 60-90 deg
 - Elevation (in scapular plane) to 60 deg
 - ER to 5-10 deg
 - Avoid IR
 - ***No active IR or adduction
 - Exercises
 - Elbow and hand ROM
 - Hand gripping
 - Submaximal isometrics for shoulder musculature
 - Cryotherapy, modalities as indicated
 - Week 3-4
 - Sling
 - Discontinue sling at 4 weeks
 - May use immobilizer for sleep
 - PROM/AAROM
 - Flexion (in scapular plane) to 90-110 deg
 - Abduction to 75-85 deg
 - ER (in scapular plane) to 30 deg
 - No IR
 - ***No active IR, adduction, or elevation

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- Continue isometrics, modalities, and cryotherapy
- Week 5-6
 - Gradually improve ROM, begin AROM in all planes at 6 weeks
 - Flexion: 140 deg
 - ER @ 45 deg ABD: 25-30 deg
 - IR (with arm at side): 20 deg
 - Initiate exercise tubing ER (arm at side)
 - PNF manual resistance
- Phase II: Intermediate Phase (Moderate Protection)
 - Goals
 - Gradually restore full ROM
 - Preserve the integrity of the surgical repair
 - Restore muscular strength and balance
 - Week 7-9
 - Gradually progress ROM
 - Flexion: full
 - ER @ 90 deg ABD: 45-70 deg
 - IR @ neutral: to belly
 - Begin IR @ 30 deg ABD: to 30 deg
 - Progress isotonic strengthening program
 - PNF strengthening
 - ***Protect posterior repair
 - Week 10-14
 - Slightly more aggressive strengthening
 - Continue all stretching exercises
 - ***Progress ROM to functional demands
 - Progress IR ROM in abducted position
 - May begin to increase IR @ 90 deg ABD (@ 12 weeks)
 - ***Protect posterior repair
- Phase III: Minimal Protection Phase
 - Goals
 - Establish and maintain full ROM
 - Improve muscular strength, power, and endurance
 - Gradually initiate functional activities
 - Criteria to enter Phase III
 - Full painfree ROM

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- Satisfactory stability
- Strength improving
- No pain or tenderness
- Week 15-18
 - Progress IR as tolerated
 - Continue strengthening exercises
 - Fundamental throwing exercises
 - PNF manual resistance
 - Endurance training
 - Initiate light plyometrics
 - Light swimming
- Week 18-21
 - Continue all above exercises
 - Initiate ITP
- Phase IV: Advanced Strengthening
 - Goals
 - Enhance strength, power, and endurance
 - Progress functional activities
 - Maintain shoulder mobility
 - Criteria to enter phase IV
 - Full painfree ROM
 - Satisfactory static stability
 - Strength 75-80% of contralateral side
 - No pain or tenderness
 - Week 20-24
 - Continue flexibility exercises
 - Continue isotonic strengthening program
 - PNF manual resistance patterns
 - Plyometric strengthening
 - Progress ITP
- Phase V: Return to Activity (6-9 Months)
 - Gradually progress sport activities to unrestricted participation