



## Arthroscopic Bankart/SLAP Suture Repair

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### PHASE I (0-4 WEEKS POST OP):

Precautions: Limit ER to 0°

- Stay in sling at all times for 4 weeks
- Elbow flexion/extension
- Grip strengthening
- PROM in clinic
- E-stim (for mm contraction) to deltoids to maintain tone
- Scapular mobilization
- Scapular stabilization
- Begin isometrics at 2 weeks

### PHASE II (4-8 WEEKS POST OP): (MOST UNSTABLE TIME, SUTURE MATERIAL ABSORBING)

**\*Do not push hard in this stage.** After the 6th week the repair should be stable enough to start strengthening

### PHASE III (5-7 WEEKS POST OP):

- Begin gentle PROM increasing as tolerated, all directions
- Increase ROM with goal of full ROM by 8-12 weeks; do not push abd or ER
- UBE for ROM
- Prone mid and lower trap strengthening
- Scapular stab
- Closer to 7 weeks, start short arc, submax strengthening of rotator cuff with theraband (all directions); 2-3 sets of 10 reps

### PHASE IV (8 WEEKS POST OP):

- Begin strengthening with dumbbells

- Cybex submax
- Max effort UBE
- Ball on the wall, progress to the floor
- Begin driving

#### PHASE V (10 WEEKS POST OP):

- Max Cybex rehab
- Aggressive free weight work through 5 months
- Push for full ROM

Do **not** return to throwing sports until 5 months