

PT Protocol Anterior Labral Repair

RECOMMENDATIONS

- Wear sling for no longer than 6 weeks.
- Ice 3-4 times per day as needed for 1st week then as needed thereafter.
- Encourage PROM at home daily (2 – 3 sessions) by family member for the first 6 - 8 weeks.
- **PROM Limits: Forward elevation to 90°, abduction to 45° and external rotation (in 0° abduction) to 20° for the first 4 weeks.**
- No shoulder extension for the first 6 weeks.
- Return to work and sport to be determined on an individual basis by the physician.

PHASE I (0-4 WEEKS IF TYPICAL BANKART; 0-6 WEEKS IF BONY BANKART)

Period of protection: Sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.

Weeks 0-1: No formal PT.

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-4 (1-6 if bony Bankart): Begin formal PT (2-3 x/week).

- Sling at all times (except for hygiene and PT).
- ROM: Restrict motion to 90 deg FF / 20 deg ER at side / IR to stomach / 45 deg abduction.
 - Progress PROM → AAROM → AROM as tolerated within the above limits
 - Hold cross-body adduction until 6 weeks post-op.
 - Heat before, ice after.
- Strengthening: Cuff/periscapular/deltoid isometrics in sling only.

PHASE II (4-6 WEEKS FOR TYPICAL BANKART; 6-8 WEEKS IF BONY BANKART)

Discontinue sling if cleared by MD; will keep sling until 6 weeks if osseous Bankart repair performed

- ROM: Progress AROM 160 deg FF / 45 deg ER with arm at side / 160 deg ABD/IR behind back to waist

- Strengthening:
 - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits
 - Modalities as per PT discretion

PHASE III (8-12 WKS):

- ROM: Advance passive ROM to full with gentle passive stretching at end ranges. Advance to full active ROM as tolerated.
- Strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)

PHASE IV (3-12 MONTHS):

- ROM: If ROM lacking, advance to full via gentle passive stretching at end ranges.
- Strengthening:
 - Continue with light weights 3x/week.
 - Begin eccentrically resisted motions, plyometrics/plyotoss, proprioception/body blade and closed-chain strengthening.
 - Transition to sports-specific/job-specific rehab and advanced conditioning as tolerated.
- Throwing:
 - @ 4.5 months - if full-strength – can return to light tossing
 - @ 6 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.)
- Work:
 - Overhead work without lifting is usually possible @ 4.5-6 months
 - Resume heavy labor once full-strength achieved (usually by 6-9 months)