

Sports Medicine

Arthroscopic Labral Repair/SLAP/Bankart Post Op Protocol

Timing of each phase varies based on: degree of shoulder instability/laxity, size of the tear, quality of tissue, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Sling:

- 3 weeks postop

Range of motion

Limitations:

Flexion:

90° x 1 week

External Rotation:

Active only-Limited
30° x 3 wks

Internal Rotation:

None behind back
for 3 weeks

Activities of Daily

Living:

- Walking Program Encouraged
- Hand Functions 0-3 wks (ex. Typing)
- Driving Automatic Transmission Vehicle 3-4 wks (No Meds)

Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

Aquatic Therapy:

- Start 6-8 weeks
- Gradual progress to swimming

Return to Activities:

Wt Training: 12 wks
Ski: 12 wks
Golf: 8 wk Chip & Putt
12 wks full swing
Tennis: 12 wk
Contact sport 4-5 mths



Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)

A. Protection/Home Exercise Program Only Week 1-2

Pendulums
Elbow, Wrist, Hand active range of motion (w/o Resistance)
Passive range of motion Supine Elevation 90°
External Rotation (ER) 20°

B. Range of Motion Week 3-4

Passive, Active-Assistive and Active Range of motion for elevation to 130°
supine
External Rotation 30°
Gentle Isometrics all directions (submaximal/pain free)

***No internal rotation behind back**

Phase 2 - Range of Motion (Post-Op Weeks: 4-6)

A. Progress Range of Motion

Passive, Active-assistive and active range of motion for FULL elevation as tolerated
Advance external rotation as tolerated

Phase 3 – Strengthening (Post-Op Weeks: 6-12)

A. Active Range of Motion

Work toward full range of motion

B. Strengthening

Low Resistance & High Repetitions
Begin isotonic strengthening starting w/ Theraband for rotator cuff
Progress toward weight lifting keeping dorsal surface of hands within the visual field
Aquatic Therapy Progression toward swimming
Initial Proprioception
Co-contraction stabilization exercises (Rhythmic Stabilization, OSS, Medicine Ball)

Phase 4 – Return to Some Sports (Post-Op: 12 weeks-4 months)

No Restrictions on Range of motion
No Restrictions on Strengthening
Start Throwing Progression
Return to Sport (Except Football, Rugby, Wrestling, Kayaking)

Phase 5 – Return to Sport (Post-Op: 4-5 months)

Gradual Return to All Sport