



***ANTERIOR LABRUM REPAIR (BANKART PROCEDURE)
POSTOPERATIVE PROTOCOL***

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*Board-certified Orthopaedic Surgeon
Fellowship-trained in Sports Medicine and Arthroscopy*

Sling (except during PT and washing):

Sling x 2 weeks at all times, then 2 weeks during activities

Motion:

Week 0-2: Pendulum exercises, elbow/wrist/hand ROM

Week 2-4: Supine PROM: forward flexion to goal 180 as comfort allows

No ER past neutral, no abduction past 45 deg

Start stationary bike

Week 4-6: AAROM: forward flexion to 180

PROM: gentle ER to 30 deg, abduction to 60 deg

No *combined* ABD+ER

Start aquatherapy, if available

After wk 6: Full A/PROM as tolerated

Start jogging/running/elliptical

Strengthening:

Week 2: Gentle isometrics in all planes with shoulder neutral ER/IR

Week 3-6: Side-lying ER, push-up progressions, scapula stabilizers

Week 6-12: Push-ups, cuff/scapula strengthening as tolerated

After wk 12: Bench press, Lat pull-downs (narrow grip, hands in front, "see back of hand")

If you have any questions, please contact our clinic.