

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

SHOULDER ANTERIOR LABRUM REPAIR (BANKART PROCEDURE) POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Sling (except during PT and washing):

Week 0-2: At all times

Week 2-4: Only during activities (i.e. time outside of home)

After wk 4: Sling to be discontinued by physical therapist

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 aqua-therapy, 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")

Months 3-4: return to full activities and contact sports as directed by MD and therapist.

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**