

**Ronak M. Patel, MD****Anterior Labral Repair (Bankart)  
Latarjet Glenoid Repair  
Rehabilitation Guidelines**

Sling x 6 weeks with abduction pillow except for bathing and PT

**Phase I – Immediate Postoperative Phase: “Restrictive Motion” (Day 1 through Week 6)**

Goals: Protect surgical repair

Retard Muscle atrophy of the entire upper extremity complex

Improve neuromuscular control of the scapula in the neutral glenohumeral position

Decrease pain and inflammation

Precautions:

- Patient to remain in sling at all times except for dressing/bathing through week 6
- No PROM/AROM of the shoulder
- Avoid stressing the anteroinferior labrum (and repair)
  - No shoulder ER/IR, reaching behind back, lifting, or ER in abduction

Activities:

- Post-surgical brace and/or splint can be removed 2-3 times per day for gentle PROM/AROM of elbow, wrist, and hand
- Gentle scapulothoracic stabilization/mobilization
- Active elbow flexion and extension
- May squeeze soft ball
- Cryotherapy
- Discontinue use of sling at 6 week office visit

**Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-12)**

Goals: Begin PROM and advance to AROM

Gradual return of shoulder/scapular strength, power and endurance

Preserve the integrity of the surgical repair

Precautions:

- No Lifting > 5lbs, sudden lifting or pushing, overhead lifting

Activities:

**Weeks 7-9**

- Begin lower extremity and core strengthening, light cardio training
- Begin PROM (including ER with shoulder abduction); If full PROM achieved, therapist may add AAROM in all planes, then AROM
- Begin posterior capsular stretching if necessary (Added earlier if release done)
- Continue use of cryotherapy

### **Weeks 9-12**

- Continue all stretching exercises
- Progress gentle PREs in all planes of movement once full (add biceps PREs last to protect repair)
- Begin active-assisted exercises, deltoid/rotator cuff isometrics at 10 weeks
- Add light PNF patterns (Bodyblade/PlyoBall/etc in non-provocative positions)
- Progress rotator cuff strengthening
- Progress scapulothoracic stabilization/mobilization/strengthening

### **Phase III – Minimal Protection Phase (Weeks 12-14)**

Goals: Gradual return to full ROM without pain  
 Improve muscular strength, power, and endurance  
 Gradual initiation of functional activities

Activities:

- Continue all stretching exercises
- Continue rotator cuff and elbow flexion strengthening
  - Emphasize external rotation and latissimus eccentrics
- Emphasize rhythm and timing with PNFs (Bodyblade, overhead, plyoball throwing)
- Stabilize glenohumeral and scapulothoracic joint in functional position
- Continue total body conditioning (Core, cardio, and lower extremity), including running

### **Phase IV – Advanced Strengthening Phase (Weeks 14-16)**

Goals: Maintain pain free full ROM  
 Enhanced muscular strength, power, and endurance.  
 Progress functional activities

Activities:

- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric program
- Continue with endurance activities
- Begin interval throwing program if ROM/strengthen adequate (Overhead throwers)
- Maintain ROM and flexibility

### **Phase V - Return to sport (Dependent on successful completion of Phase IV)**

Goals: Pain free full ROM  
 Gradual return to sport activities

Activities:

- Return to activities as tolerated
- Okay to return to pitching after successfully completion of interval throwing program without pain or recurrent symptoms

**Bankart Post-Op Exercise Instructions When Cleared By Dr. Patel Prior to Full Clearance**

**\*\*\* All Exercises: Low Weight, High Repetitions \*\*\***

Cleared Exercises	Restricted Exercises
<ul style="list-style-type: none"> <li>● Lower extremity machine exercises               <ul style="list-style-type: none"> <li>● <b>Should not require heavy lifting of plates/weight back and forth</b></li> </ul> </li> <li>● Machine squat exercises               <ul style="list-style-type: none"> <li>● if pain free to hold bar on shoulders</li> </ul> </li> <li>● Free Weight Exercises involving: Back, Biceps, and Triceps</li> <li>● Cardio machines (stationary bike, treadmill, elliptical)</li> </ul>	<ul style="list-style-type: none"> <li>● Upper extremity dumbbell exercises with exception of biceps and triceps</li> <li>● Free-weight and machine bench press (regular/incline/decline)</li> <li>● Free-weight and machine overhead (military) press</li> <li>● Free-weight squats</li> <li>● Pull-ups</li> <li>● Tricep dips</li> </ul>