

Post-operative Rehab Protocol

Bankart Repair, SLAP Repair or Biceps Tenodesis

PHASE I: Protective Phase (day 1 to week 6)

Weeks 0-2

- Shoulder sling x 6 weeks
- Sleep in sling x 3 weeks
- Shoulder, elbow, and hand ROM
 - **NO** resisted active isolated biceps activity (elbow flexion or forearm supination x 6 weeks)
 - **NO** active external shoulder rotation, extension, or abduction
- Hand gripping exercises
- Passive and gentle active assisted ROM exercises - Codmans exercises
 - Flexion and scaption to 90°
 - ER to 30° x 4 weeks
 - IR to 45°
 - Scapulothoracic AROM in all planes
- Submaximal isometrics for shoulder musculature
- Cryotherapy PRN

Weeks 3-4

- Continue shoulder, elbow, and hand ROM (as above)
 - Advance IR to 60°
- **NO** active ER, extension, or elevation
- Initiate scapulothoracic isometrics
- Initiate proprioceptive training (rhythmic stabilization drills)
- Gentle submaximal shoulder isometrics
- Continue use of cryotherapy PRN

Weeks 5-6

- Continue to gradually improve ROM
 - Flexion and Scaption to 145° (can progress further if tolerated)
 - ER to 50°
 - IR to 60°
 - Full ROM should be achieved at 8-10 weeks
- Initiate limited AROM/AAROM of shoulder to 90° flexion or abduction
- Continue submaximal shoulder isometrics
- Can begin AROM supination (no resistance/elbow flexed)
- **NO** biceps loading until week 10

Clinical milestones to progress to Phase II:

- Flexion to 125° (can progress further if tolerated)
- Abduction to 70°
- Scapular plane IR to 40°
- ER to 40°

PHASE II: Moderate Protection Phase (Weeks 7-12)

Week 7-9

- Continue to progress AROM/PROM (Full by week 10)
- Begin isotonic rotator cuff IR/ER strengthening with bands/weights
- Progressions
 - Submaximal to maximal
 - Slow speeds to fast speeds
 - Known patterns to random patterns
 - Eyes open to eyes closed
 - OKC to CKC
- Exercises
 - Scapular plane elevation
 - Side lying ER
 - Standing rotator cuff series
 - Prone horizontal abduction/extension
- Manual resistance to shoulder
- **NO** biceps loading until week 10

Week 10-12

- Initiate stretching exercises if ROM not full by 10 weeks
 - Flexion and scaption to 180°
 - ER at 90° abduction to 90°
 - IR at 90° abduction to 79°
- Begin submaximal isometrics and AROM for biceps
- Begin more aggressive exercises for rotator cuff and scapulothoracic musculature
- Continue isotonic progressive resistive exercises and manually resisted exercises
- Progress ER motion to 90/90 position
- Begin submaximal exercises above 90° of elevation

Clinical milestones to progress to Phase III:

- Flexion to 160°
- Scapular plane ER to 65°
- Abduction to 70°
- Scapular plane IR to 40°
- ER to 40°
- ER at 90° to 45°
- Scapular plane IR full
- IR at 90° abduction to 45°
- Abduction to 150°
- Near full symmetrical posterior shoulder mobility
- 4/5 MMT for scapular/rotator cuff muscles
- AROM in appropriate ranges without pain

PHASE III: Minimum Protection Phase (Weeks 13-20)

NO THROWING OR OVERHEAD SPORTS UNTIL WEEK 20

Goals:

- Full non-painful AROM/PROM
- Restoration of muscle strength, power and endurance
- No pain or tenderness
- Gradual initiation of functional activities

Weeks 13-16

- Continue stretching exercises if needed
- Maintain full ROM
 - ER at 90° abduction up to 120° (throwers)
- Continue phase II exercise progression and principles
- Isotonic elbow flexion and forearm supination
- Can increase intensity and decrease reps
- Initiate light plyometric activities (2 handed, progressing to one)

Weeks 16-20 - NO THROWING OR OVERHEAD SPORTS UNTIL WEEK 20

- Continue to progress resistive exercises
- Continue to progress plyometric exercises
- Continue stretching as needed

Clinical Milestones to progress to Phase IV:

- Within 10° of full active range of motion from opposite side in all planes of motion
- Full symmetrical posterior shoulder mobility
- 5/5 isometric shoulder MMT
- 5/5 scapulothoracic and rotator cuff MMT

PHASE IV: Advanced Strengthening Phase (weeks 21-26)

Goals:

- Progress functional activities

Weeks 21-26

- Progress interval sports programs
 - Pitchers begin throwing from mound (weeks 24-28)