

Center for Athletic Medicine  
*Dr. Preston Wolin*  
Posterior Labral/Bankart Protocol  
*Adapted from Paul Kiritsis, MD*

**Phase I: Immediate post-operative phase (Restrictive motion)**

- Goals: Protect the anatomic repair  
Prevent the negative effects of immobilization  
Promote dynamic stability  
Decrease pain and inflammation

**Weeks 0-2**

- Sling for 4 weeks in ER
- Sleep in immobilizer for 4 weeks
- Elbow and hand ROM exercises
- Hand gripping exercises
- Passive and gentle active assistive ROM
  - Flexion to 60-90
  - Elevation to 60 in scapular plane
  - ER to 5-10
  - Avoid IR

\*\*\*No active IR or adduction

- Submaximal isometrics for shoulder musculature
- Cryotherapy, modalities as indicated

**Weeks 3-4**

- Discontinue sling at 4 weeks
- May use immobilizer for sleep
- ROM exercises (PROM and AAROM)
  - Flexion to 90-110 in scapular plane
  - Abduction to 75-85
  - ER in scapular plane to 30
  - No IR
- No active IR, adduction, or elevation
- Continue isometrics, modalities, and cryotherapy

**Weeks 5-6**

- Gradually improve ROM, begin AROM in all planes at 6 weeks
  - Flexion: 140
  - ER at 45 degrees ABD: 25-30
  - IR to 20 with arm at side
- Initiate exercise tubing ER (arm at side)
- PNF manual resistance

## **Phase II: Intermediate phase (Moderate protection)**

Goals: Gradually restore full ROM

Preserve the integrity of the surgical repair

Restore muscular strength and balance

### **Weeks 7-9**

-Gradually progress ROM

- Full flexion
- ER at 90 abduction: 45-70
- IR at neutral to belly
- Begin IR in 30 deg abduction to 30

-Progress isotonic strengthening program

-PNF strengthening

\*\*\*Protect posterior repair

### **Weeks 10-14**

-Slightly more aggressive strengthening

-Continue all stretching exercises

\*\*\*Progress ROM to functional demands

-Progress IR motion in abducted position

-May begin to increase IR at 90 degrees of abduction (12 weeks)

\*\*\*Protect posterior repair

## **Phase III: Minimal protection phase**

Goals: Establish and maintain full ROM

Improve muscular strength, power, and endurance

Gradually initiate functional activities

Criteria to enter phase III:

1. Full pain free ROM
2. Satisfactory stability
3. Strength improving
4. No pain or tenderness

### **Weeks 15-18**

-Continue all strengthening exercises

-Progress IR as tolerated

-Continue strengthening exercises

- Fundamental throwing exercises
- PNF manual resistance
- Endurance training
- Initiate light plyometrics
- Light swimming

### **Weeks 18-21**

- Continue all above exercises
- Initiate ITP

### **Phase IV: Advanced strengthening phase**

Goals: Enhance strength, power, and endurance  
Progress functional activities  
Maintain shoulder mobility

Criteria to enter phase IV:

1. Full pain free ROM
2. Satisfactory static stability
3. Strength 75-80% of contralateral side
4. No pain or tenderness

### **Weeks 20-24**

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Ploymetric strengthening
- Progress ITP

### **Phase V: Return to activity phase (6-9 months after surgery)**

- Gradually progress sport activities to unrestricted participation

\*\*\*\*\* If a patient is not progressing, please call the office for recommendations

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