

Southwest Michigan Center for Orthopaedics and Sports Medicine – Physical Therapy
SLAP/Bankart Repair Protocol (page 1)

Phase 1 (Day 1-Week6)

Weeks 0-4

- Sling 4-6 weeks (per physician orders) – Sleep in immobilizer 4-6 weeks (per physician orders)
- Elbow and hand ROM – NO ISOLATED BICEPS CONTRACTION
- Hand-gripping exercises
- PROM exercise
 - Flexion to 60 degrees (week 2 to 75 degrees)
 - Abduction to 60 degrees
 - External Rotation to 10-15 degrees
 - Internal Rotation to 45 degrees
 - No Extension past 0 degrees
- Scapular depression/adduction (scap squeezes) active 1-2 weeks
- Gentle submaximal isometrics – NO External Rotation
- Modalities as indicated

Weeks 5-6

- Discontinue use of sling at 4-6 weeks (determined by surgeon)
- Continue gentle ROM exercises (PROM and initiate AAROM)
 - Flexion to 90 degrees
 - Abduction to 75-85 degrees
 - External Rotation to 25-30 degrees
 - Internal Rotation to 55-60 degrees
- No Active ER, Flex, Abd, or Ext
- Initiate manual rhythmic stabilization within ROM above
- Continue isometrics as prior
- Modalities as indicated

Weeks 6-8

- Gradually improve AAROM and PROM
- External Rotation to 45-50 degrees
- Internal Rotation to 55-60 degrees
- Theraband ER and IR with arm at side
- PNF manual resistance
- Initiate active shoulder abduction up to 90 degrees
- Initiate active scaption
- Initiate prone rowing and horizontal abduction
- UBE
- NO biceps strengthening
- Modalities as indicated

Southwest Michigan Center for Orthopaedics and Sports Medicine – Physical Therapy
SLAP/Bankart Repair Protocol (page 2)

Phase 2 (Weeks 8-14)

Weeks 8-9

- Gradually progress AROM
 - Flexion to 180 degrees
 - External Rotation to 90 degrees
 - Internal Rotation to 75 degrees
- Progress isotonic strengthening program with scapular stabilization
- Continue PNF strengthening and proprioception
- Modalities as indicated

Weeks 10-12

- Initiate more aggressive strengthening
- Progress isotonic strengthening program with scapular stabilization
- Continue stretching exercises: progress ROM to functional demands (i.e. athlete)
- Continue all strengthening exercises
- Initiate light plyometric program

Phase 3 (Weeks 14-20)

Weeks 14-16

- Must have full ROM, satisfactory stability, strength of 4/5, and no pain
- Initiate biceps strengthening
- Endurance exercises
- Continue all ROM and strengthening exercises
- Maintain thrower's motion

Weeks 16-20

- Continue all exercises
- Initiate interval sports program (i.e. throwing program)

Phase 4 (Weeks 20-26)

Weeks 20-26

- Must have full ROM, 75-80% muscular strength of contralateral side, no pain, satisfactory stability
- Progress sports program

Phase 5 (Months 6-9)

Months 6-9

- Must have full functional ROM, full muscular strength, no pain
- Gradually return to sports
- Start bench and military press