

## ***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)