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# Bankart/Instability Rehabilitation Protocol

# Ethan M. Healy, M.D.

Post-op Rehabilitation Protocol – SLAP Repair

# \*NO abduction/ER coupled motion for the first 6 weeks post-op\* \*NO biceps resistance exercise for 8 weeks post-op\*

# Weeks 0-4:

Maintain elbow wrist range of motion, Decrease swelling, pain

# Treatment plan:

- 1) Participate in pendulum exercises
- 2) Swelling and pain control with ice
- 3) Active elbow, wrist and hand exercises

#### Weeks 4-8:

Increased shoulder flexibility (limits: Forward Flexion - full, ABD -90, ER -30)

#### Treatment plan:

- 1) Progressive ROM, and passive stretching (avoid full external rotation till 6 weeks after surgery)
- 2) Swelling and pain control with ice, modalities
- 3) Scapulothoracic strengthening, shoulder isometrics, scapular stabilizers
- 4) Active elbow, wrist and hand exercises

# Weeks 8-12:

Full shoulder ROM, progressive strengthening

#### Treatment plan:

- 1) Continue with swelling and pain control
- 2) Strengthening program: UBE, band weights (start at 2oz-2lbs)
- 3) Rotator cuff/ shoulder PRE
- 4) Ok to run or jog

# Cont. on next page







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### Weeks 12-20:

#### Full shoulder ROM, progressive strengthening

#### Treatment plan:

- 1) Sports specific training
- 2) Light PNF strengthening
- 3) Rotator cuff/ shoulder PRE
- 4) Ok to golf

#### Weeks 20-30:

Goals: Return to full contact sports if

- 1) pain free
- 2) full ROM
- 3) full strength

#### Treatment plan:

- 1) Sports specific training
- 2) Light PNF strengthening
- 3) Rotator cuff/ shoulder PRE



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