

# Anterior Stabilization or Labral Repair (SLAP or Bankart)

## General Guidelines:

- Wear sling for 4 weeks unless otherwise specified by MD

## Rehabilitation Goals:

- Seen post op day 3-5 (remove bandages and replace with gauze and Tegaderm)
- 1/week for 4 weeks (can be more if motion restrictions present)
- 2-3/week for 6 weeks+

## Phase 1 protective phase: 0-7 days

- PROM restrictions:
  - 90° FF
  - 20° ER at side
  - IR to stomach
  - 45° ABD
  - No cross arm ADD
- Sling Isometrics
  - ER
  - IR
  - Flexion (punch)
  - Extension

## Phase 2: 1-4 weeks

- PROM restrictions:
  - 90° FF
  - 20° ER at side
  - IR to stomach
  - 45° ABD
  - No cross arm ADD
- Continue Isometrics as tolerated
- AAROM in unrestricted motions
  - AAROM (all within pain free unrestricted movements)
    - Wand
    - Pulleys
    - Table slides
- Progress to next phase when minimal pain noted with AAROM and ROM goals achieved

### **Phase 3: 4-8 weeks**

- Begin AROM with low pain levels
- Begin strengthening of scapular stabilizers
  - Consider prone progression
    - I, T, Y, Rows
- Begin progression into light resistance as tolerated with dumbbells or bands with ER /IR per patient tolerance
- ROM:
  - 160° FF
  - 45° ER at side
  - 160° ABD
  - IR behind back to waist
  - Cross body ADD at 6wk
- Progression to next phase when minimal pain noted with AROM and ROM goals achieved

### **Phase 4: 8-12**

- Continue to progress scapular stabilization strengthening
- May begin PNF patterns
- Begin throwers 10 program if patient is a throwing athlete.
- Continue to progress ther-ex
- isometrics -> bands -> light weights (1-5 lbs) 8-12 reps/2-3 set
- Begin CKC progression (wall weight shifts -> table shifts ETC)
- Progression to next phase when minimal pain noted with progression of loading activity and ROM goals achieved. Consider RPE scale to guide loading

### **Phase 5: 3-12 months**

- May begin UBE
- Patient should have full ROM at this point with considerations of end goals (throwers will need more ER etc.)
  - Continue to stretch if ROM goals are not achieved.
- Begin sports related rehab at 3 months, including advanced conditioning
- Begin eccentrically resisted motions, plyometric (ex: weighted ball toss), proprioception (ex: body blade), and closed chain exercises at 12 weeks.
- Return to throwing at 4 ½ months (usually use throwers 10 progression)
- Throw from pitcher's mound at 6 months
- Return to sport can take up to 12 months depending on type of sport. Use clinical reasoning and follow MD recommendations.