

Slap/Bankart/Labral Repair Protocol

Dr. Schaap

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change -Instructions in signs and symptoms of infection -Instruction in cryotherapy -Instruction in pendulum exercise, active wrist and elbow range of motion, scapular retraction -Electrical stimulation for swelling/pain if needed 	<ul style="list-style-type: none"> -Independent in home exercise program of active wrist and elbow range of motion, pendulum exercises, scapular retraction, and cryotherapy -Home electrical stimulation unit if needed
Phase I (0-4 weeks)	<ul style="list-style-type: none"> -Patient is to continue with the independent home exercise program -Patient is to wear sling for 6 weeks -Shoulder isometrics in flexion, extension, abduction and adduction 	<ul style="list-style-type: none"> -Progression of home exercise program as tolerated -Addition of shoulder isometrics at 2 weeks
Phase II (4-12 weeks)	<ul style="list-style-type: none"> -Frequency equals 2–3 times/week until range of motion and strength are approaching within normal limits -Discontinue sling at 6 weeks -Passive range of motion in all directions -Active assisted range of motion in all directions -Instruction in PRE's at 8–10 weeks -Begin in clinic strengthening as tolerated at 10 weeks for shoulder/elbow and scapular stabilizers—progress as tolerated 	<ul style="list-style-type: none"> -Range of motion within normal limits at 10–12 weeks in all directions -Independent in PRE by 10 weeks for progression independently -Strength progressed as tolerated in clinic
Phase III (12-16 weeks)	<ul style="list-style-type: none"> -Frequency equals 1–2 times/week -Continue to progress range of motion and strength until within normal limits/within functional limits in all directions 	<ul style="list-style-type: none"> -Range of motion within normal limits/within functional limits - discontinue when goal met -Independent in home exercise program for shoulder strengthening/scapular stabilization
Phase IV (4-6 Months)	<ul style="list-style-type: none"> -Frequency PRN 	<ul style="list-style-type: none"> -Progress all range of motion and strength to within normal limits

