

Posterior Bankart with SLAP Repair
Right S42.141 Left S42.142

Weeks 0-2 Healing and Protective phase:

- The sling should be worn about 90% of the time. The patient can come out of the sling and use the hand for eating and typing. Must wear sling to sleep at night.

After week 2, start Physical Therapy

- PROM only 1 visit per week.

Weeks 6-12: Motion phase

- **Sling:** Wean
- **ROM goals:**
 - PROM and AROM
 - Forward flexion: full
 - Internal rotation: full
 - External rotation to full
- **Strengthening:**
 - Isometric strengthening

Weeks 9 -10: Strengthening phase

- **Range of Motion goals:** Progressed to full functional ROM.
- **Therapeutic exercise:**
 - ROM exercise: Cane, pulley, towel IR stretch.
 - Strengthening: Isotonics in functional motion, integrate rotator cuff with scapular stabilization
 - Scapular stabilization: With resistance

Weeks 10 -12+: Advanced functional phase

- **Range of motion goals:** Full motion
- Begin strengthening