

BANKART REPAIR, ARTHROSCOPIC / OPEN

Revised May 2005

Post-op Days 1 – 7

Sling x 4 weeks – Even while sleeping
– Place pillow under shoulder / arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
Ice pack

Goals

Pain control
Protection

Days 7 – 14

Continue sling x 4 weeks
Continue appropriate previous exercises
AAROM supine with wand
– Flexion and Abduction to 90 degrees
– ER to within 50% of opposite shoulder
AROM – IR (supine, abd to 45 degrees) to within 30 degrees of opp shoulder
1-2 Finger Isometrics x 6 (fist in box)
– **No Active Internal Rotation if Open Bankart**
Resisted elbow / wrist exercises (light dumbbell)
Stationary bike (must wear sling)

Goal – AAROM Flexion and Abduction to 90 degrees

Weeks 2 – 4

Continue sling x 4 weeks
Continue appropriate previous exercises
AAROM supine with wand
– Flexion to 120 degrees
– Abduction to 110 degrees
– ER to within 80% of opposite shoulder
AROM – IR (supine, abd to 60 degrees) to tolerance

Goal – AAROM Flexion to 120 degrees, Abduction to 110 degrees

Weeks 4 – 6

D/C Sling
Continue appropriate previous exercises
Full pendulum exercises
AAROM – Flexion (supine wand, pulleys) >120 degrees as tolerated
– Abduction (supine wand, pulleys) to 120 degrees

- ER (supine or standing wand) to within 15 degrees of opp shoulder
- IR as tolerated (wand behind back) – **Not if Open Bankart**

Push-up plus against wall – No elbow flexion > 90 degrees
Prone scapular retraction exercises (without weights)
Treadmill – Walking progression program

Goal – AAROM Flexion >120 degrees, Abduction to 120 degrees

Weeks 6 – 9

Continue appropriate previous exercises
AAROM (pulleys, wall climbs, doorway stretches) through full range
AROM through full range as tolerated
Rotator cuff strengthening with light Theraband

- ER and IR with arm at side and pillow or towel roll under arm
- Flexion to 60 degrees
- Abduction to 60 degrees
- Scaption to 60 degrees
- Extension to 30 degrees

Standing rows with Theraband
Prone scapular retraction exercises (with light weight)
Ball on wall (arcs, alphabet)
BAPS on hands
Push-up progression – Wall to table (no elbow flexion > 90 degrees)
Body Blade
UBE forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

Goals

Full AROM
30 wall push-ups

Weeks 9 – 12

Continue appropriate previous exercises with increased resistance as tolerated
PROM / mobilization as needed to regain full ROM
Push-up progression – Table to chair (no elbow flexion > 90 degrees)
Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool walking / running – With UE resistance (no swimming)

Goal – Normal rotator cuff strength

Months 3 – 4

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Push-ups, regular – No elbow flexion > 90 degrees

Weight training with light resistance

- No overhead press or pull downs behind head

- No elbow flexion > 90 degrees with bench, dips, etc.

Pool therapy

Goals

Run 2 miles at easy pace

30 regular push-ups

Months 4 – 6

Continue appropriate previous exercises

Push-ups – no elbow flexion > 90 degrees

Sit-ups

Swimming

Running progression to track

Progressive weight training

- No elbow flexion > 90 degrees with bench, dips, etc.

Transition to home / gym program

Goals

Resume all activities

Pass APFT at 6 months post-op

No contact sports until 6 months post-op