



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
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EL PASO, TEXAS 79920



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

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