Bankart and SLAP Repair Post Operative PT Protocol
Revised January 2009

Please note that the surgical team may adjust any of these protocols as necessary for each individual patient. The following are guidelines only and physical therapists should contact us if they have any questions they may have regarding our protocol and our patient needs, limitations and expectations.

The UWMC Shoulder and Elbow Team can be reached at the Bone and Joint Center at 206 598-4288.

**Post-op Days 1-3**

**Directions for Patient:**
- Sling x 4 weeks while sleeping and walking
- Place pillow behind arm while sleeping for comfort, as needed
- No lifting of anything heavier than a cup of coffee

**Directions for Physical Therapist:**
- Hand squeezing exercises
- Elbow and wrist AROM with shoulder in neutral position at side
- Supported pendulum exercise in sling or on ball (trunk driven)
- Scapular retraction without resistance
- Sternal lift (in sling)
- Ice pack – educate pt on use
- Elbow in back pocket (in sling) – educate pt on use

**Goals:**
- Pain control
- Protection

**Post-op Days 4-14**

**Directions for Patient:**
- Continue sling x 4 weeks after surgery while sleeping and walking

**Directions for Physical Therapist:**
- Continue appropriate previous exercises
- AAROM supine
  - Forward elevation to 90 degrees
  - External rotation to within 25% of opposite shoulder with wand
- 1-2 finger isometrics x 6 (fist in a box)
- **No Active or Resisted Internal Rotation if Open Bankart**
- Resisted wrist exercises (light dumbbell)
- Stationary bike (must wear sling) – educate pt as needed
- Walking, as tolerated (in sling) – educate pt as needed

**Goals:**
- AAROM flexion to 90 degrees
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Weeks 3 and 4 after Surgery

Directions for Patient:
Continue sling x 4 weeks after surgery while sleeping and walking
No lifting of anything heavier than a cup of coffee (8 ounces)

Directions for Physical Therapist:
Continue appropriate previous exercises
AAROM supine
Forward elevation to 120 degrees
External rotation to within 33% of opposite shoulder

Goals:
AAROM forward elevation to 120 degrees

Weeks 5 and 6 after Surgery

Directions for Patient:
Discontinue sling at 4 weeks unless patient is hyperlax
No lifting of anything heavier than a gallon of milk (8 pounds)

Directions for Physical Therapist:
Scapular clock
Low rows (elbow in the back pocket)
AAROM (supine, wand, pulley, table slides)
  • Forward elevation to > 120 degrees as tolerated
  • Abduction
  • External rotation (supine or standing with wand) within 50% of opposite shoulder
  • Internal rotation as tolerated (up the back) - Not if Open Bankart repair
Push-up plus against wall – No elbow flexion > 90 degrees
Prone scapular retraction exercises (without weights)
Treadmill - walking progression program – educate pt as needed

Goals:
AAROM Forward elevation > 120 degrees
No scapular dyskinesis
**Weeks 7-9 after Surgery**

**Directions for Patient:**
Avoid heavy pushing, pulling or lifting

**Directions for Physical Therapist:**
Continue appropriate previous exercises
AA ROM (pulley, doorway stretches) through full range
AROM through full range as tolerated
Rotator cuff strengthening with light tubing/Theraband
- external and internal rotators with arm at side and pillow or towel roll under arm
- forward elevation to 60 degrees
- abduction to 60 degrees
- scaption to 60 degrees
- extension to 30 degrees
Standing rows with tubing/Theraband
Resisted elbow curls
Ball on wall (arcs, alphabet)
BAPS on hands
Push-up progress: wall to table (no elbow flexion > 90 degrees)
Body blade in scaption
Upper Body Ergometer (UBE) forward and backward at low resistance
Elliptical trainer (without arms) – educate pt as needed
Stairmaster – educate pt as needed
Pool walking/running – No UE resistive exercises – educate pt as needed

**Goals:**
Near full AROM
30 wall push-ups

**Weeks 9-12 after Surgery**

**Directions for Patient:**
Avoid heavy pushing, pulling or lifting

**Directions for Physical Therapist:**
Continue appropriate previous exercise with increased resistance as tolerated
PROM/mobilization as needed to gradually regain full ROM by 12 weeks
Push-up progress – Table to bench (no elbow flexion > 90 degrees)
Ball toss with arm at side using light ball
Treadmill – running progression program – educate pt as needed
Pool walking/running with UE resistance (non swimming) – educate pt as needed

**Goals:**
Normal rotator cuff strength
Full AROM

Please contact the UWMC Shoulder and Elbow Team with any questions. 206 598-4288
Weeks 13-16 after Surgery

Directions for Patient and Physical Therapy:
- Avoid heavy pushing, pulling or lifting
- 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 – educate pt as needed

Goals:
- Full AROM
- 30 regular push-ups

Months 4-6 after Surgery

Directions for Patient and Physical Therapy:
- No contact sports until 6 months after surgery
- Continue appropriate previous exercises
- Push-ups – no elbow flexion > 90 degrees
- Sit-ups
- Progressive weight training
  - no elbow flexion > 90 degrees with bench, dips, etc.
- Transition to home/gym program – educate pt
- Swimming – educate pt as needed
- Running progression to track – educate pt as needed

Goals:
- Resume all activities