

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

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

AAROM (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

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