

Posterior Bankart 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 – 14

Directions for Patient:

Sling with abductor pillow (large part anteriorly) x 6 weeks after surgery – Even while sleeping
Maintain shoulder in neutral rotation, not IR
Place pillow under shoulder/arm while sleeping for comfort
No Flexion or Forward Elevation (scaption)

Directions for Physical Therapist:

Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs/scapular retraction without resistance
Sternal lift (in sling)
Ice pack – educate pt on use

Goals:

Pain control
Protection

Weeks 2 – 4

Directions for Patient:

Continue sling x 6 weeks after surgery
No Flexion or Forward Elevation (scaption)

Directions for Physical Therapist:

Continue appropriate previous exercises
Full pendulum exercises
Resisted elbow / wrist exercises (light dumbbell)
AAROM supine with wand

- Abduction to 60 degrees
- ER to 45-60 degrees
- IR to 50% of opposite shoulder (with shoulder abducted to 45 degrees)

1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling) – educate pt as needed
Lawn mower exercise in sling

Goals:

AAROM Flexion to 90 degrees, Abduction 60 degrees

Weeks 4 – 6

Directions for Patient:

Continue sling x 6 weeks after surgery
No Flexion or Forward Elevation (scaption)

Directions for Physical Therapist:

Continue appropriate previous exercises
Submaximal isometrics x 6 (pain-free)
AAROM supine with wand:

- Abduction to 90 degrees
- ER to 60+ degrees
- IR to 80% of opposite shoulder (with shoulder abducted to 60 degrees)

Treadmill – Walking progression program – educate pt as needed

Goals:

AAROM Flexion to 140 degrees, Abduction to 90 degrees

Weeks 6 – 9

Directions for Patient:

D/C Sling
No Flexion or Forward Elevation (scaption)

Directions for Physical Therapist:

Continue appropriate previous exercises
AAROM (wand, wall climb, pulleys, doorway stretch) through full range
AROM through full range

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

Rotator cuff strengthening with light Theraband
Prone scapular retraction exercises without weight
Standing rows with Theraband
Body Blade in abduction
Ball on wall (arcs, alphabet) in abduction or scaption
UBE – Forwards and backwards at low resistance
Elliptical trainer – educate pt as needed
Stairmaster – educate pt as needed
Pool walking / running – No UE resistive exercises – educate pt as needed

Goals:

Abduction to 120 degrees
Scaption to 60 degrees

Weeks 9 – 12

Directions for Patient:

Avoid heavy pushing, pulling or lifting

Directions for Physical Therapist:

Continue appropriate previous exercises with increased resistance as tolerated
PROM/mobilization as needed to regain full ROM

Seated row with light resistance

Prone scapular retraction exercises with light weight

BAPS on hands

Ball toss with arm at side

Push-up progression – Wall to table (no elbow flexion > 90 degrees)

Treadmill – Running progression program – educate pt as needed

Goals:

FAROM

Months 3 – 4

Directions for Patient:

Avoid heavy pushing, pulling or lifting

Directions for Physical Therapist:

Continue appropriate previous exercises

Fitter on hands

Ball toss overhead

Push-up progression – Table to chair (no elbow flexion > 90 degrees)

Weight training with light resistance – educate pt as needed

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

Goals:

Normal rotator cuff strength

Months 4 – 5

Directions for Patient:

No contact sports until 6 months post-op

Directions for Physical Therapist:

Continue appropriate previous exercises

Sit-ups

Swimming – educate pt as needed

Running progression to track – educate pt as needed

Progressive weight training – educate pt as needed to avoid lading shoulder in forward flexion (e.g. bench press or pushups)

Transition to home/gym program – educate pt as needed

Goals:

Resume all activities

Month 6

Goals:

Return to sports at 6 months