

# **BANKART REPAIR (ARTHROSCOPIC / OPEN) POST-SURGICAL REHABILITATION PROTOCOL**

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## **POST-OP DAYS 1 - 7**

- Sling x 6 weeks – Even while sleeping
  - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack

## **GOALS**

- Pain control
  - Protection
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## **DAYS 7 - 14**

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- Active assisted motion (AAROM) supine with wand
  - Flexion and Abduction to 90 degrees
  - ER to within 50% of opposite shoulder
- AROM – IR (supine, abduction to 45 degrees) to within 30 degrees of opposite 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
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## **WEEKS 2 - 4**

- Continue sling x 6 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
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### **WEEKS 4 - 6**

- Continue sling x 6 weeks
- 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 opposite 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
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### **WEEKS 6 - 9**

- D/C sling
- 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
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### **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
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### **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 flexion > 90 degrees with bench, dips, etc. elbow
- Transition to home / gym program

## **GOAL**

- Return to all activities

***\*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP\****

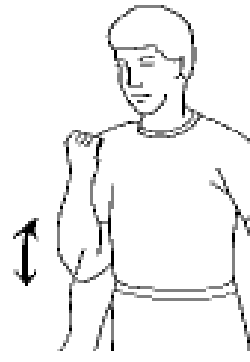
# SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

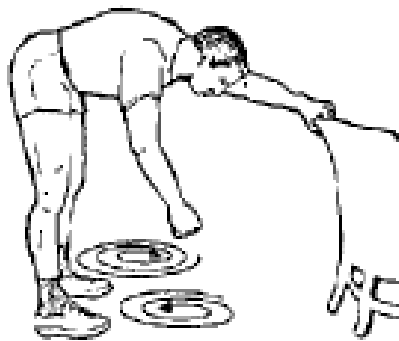
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

