BANKART REPAIR, ARTHROSCOPIC / OPEN

Revised August 2008

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

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, 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 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

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 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**

**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

**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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Shoulder Post Op Phase 1
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

Appointments?? Questions??
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