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

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, 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

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 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

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 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