



## PHYSICAL THERAPY SECTION

### **BANKART REPAIR, ARTHROSCOPIC / OPEN**

*Revised November 2016*

*Adapted from William Beaumont Army Medical Center*

#### **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

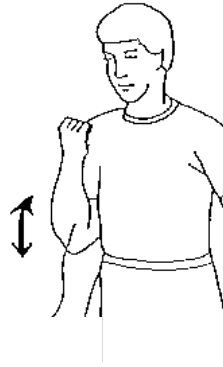
***No contact sports until 6 months post-op***

Shoulder Post Op Phase 1  
Perform exercises below frequently: 30 reps 3-5x a day

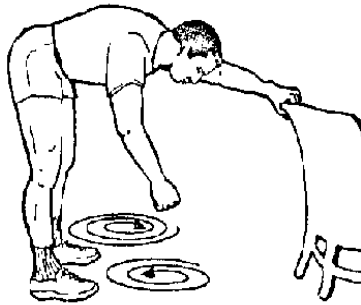
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



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

