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ARTHROSCOPIC BANKART REPAIR 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



ADAPTED FROM:

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