



Mercy Sports Medicine Institute &
Joint Preservation Center

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BANKART REPAIR, ARTHROSCOPIC / OPEN

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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

Codman's

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

- 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 at 6 months post-op

No contact sports until 6 months post-op