



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



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

BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

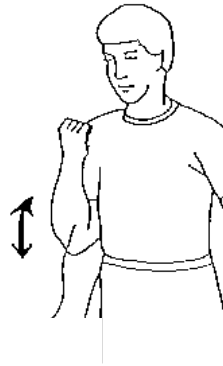
MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics

Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920
Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

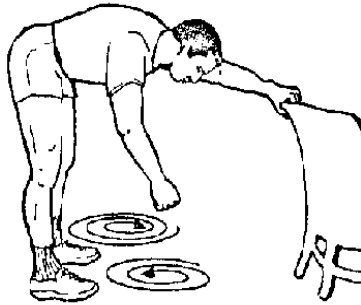
Grip Squeeze



Elbow active range of motion



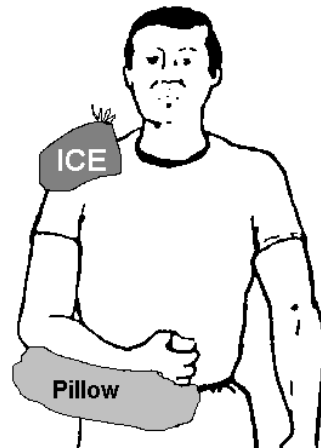
Pendulum



Shoulder Shrugs



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



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848