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ARTHROSCOPIC / OPEN BANKART REPAIR (Rehabilitative Guidelines)

Revised May 2003

***Patients who have open procedures will have their protocols modified to prevent active, resisted internal rotation for the first six weeks.**

Post-op Days 1 – 7

No PROM Sling x 4 wks
Hand squeezing exercises
Elbow and wrist AROM
Shoulder shrugs
Scapular retraction exercises
Stationary bike
Ice pack PRN
Sleep with pillow under arm for comfort

Goals – Pain control

Days 7 – 14

No PROM Continue sling x 4 wks
Modified pendulum exercises
Resisted elbow/wrist exercises (light dumbbell)
ER to neutral until 4 weeks (AROM)
Supine IR to 45 to 60 degrees (w/arm abducted to 45 deg)
Supine AAROM flexion and abduction to 90 degrees only
1-2 Finger isometrics
Continue stationary bike

Goals – Supine AAROM: Supine flex/abduction 90 degrees, Pain control

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*** OPEN BANKART – NO ACTIVE, RESISTED INTERNAL ROTATION**

Weeks 2 – 4

No PROM	Continue sling x 4 wks. Continue appropriate previous exercises IR past 60 degrees as tolerated (with arm abducted to 60 degrees) Supine AAROM flexion 90-120 degrees Supine AAROM abduction 105-110 degrees Submaximal isometrics (No Internal Rotation: Open Bankart)
sling at	Goals – Supine AAROM: flex 90-120 degrees, abduct 105-110 degrees, D/C 4 weeks

*** OPEN BANKART – NO ACTIVE, RESISTED INTERNAL ROTATION**

Weeks 4 – 6

No PROM	Continue appropriate previous exercises Full pendulum exercises ER to 30 degrees (standing or supine wand) IR as tolerated- may begin to use wand for assist May begin pulleys for AAROM flexion/abduction as tolerated Shoulder flexion past 120 degrees as tolerated (pain-free) Shoulder abduction to 120 degrees as tolerated (pain-free) May initiate shoulder stabilization exercises Treadmill – Walking progression program
	Goals - AAROM: Flexion >120 degrees, Abduction to 120 degrees Tolerate pulley activity without pain

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*** OPEN BANKART – NO ACTIVE, RESISTED INTERNAL ROTATION**

Weeks 6 – 9

No Running Continue appropriate previous exercises
PROM as tolerated to restore near full functional ROM
AROM as tolerated
UBE 10 min forward and 10 min back at low resistance
Rotator cuff strengthening with theraband

- ER and IR arm at side with rolled towel in axilla
- Flexion to 90 degrees
- Scaption to 90 degrees
- Extension to 30-40 degrees

Standing rows with Theraband
Scapular stabilization exercises

- Prone horizontal shoulder abduction (arm at 90 degrees)
- Ball against wall

Push-up progression:

- Wall to table to chair to knees (no elbow flexion >90 degrees)

Body Blade
Stairmaster
Elliptical trainer
Pool walking/jogging

Goals – Full AAROM, 50 push-ups on knees

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Weeks 9 – 12

Continue appropriate previous exercises
PROM as needed to restore full functional ROM
RC PRE's with theraband – continually increase resistance
Scapular stabilization exercises

- Rowing on Total Gym level 1-2 (arms at sides and 45 degrees)
- Scapular protraction (push-up with a plus) against wall.
- Ball at arm's length – eyes closed

Continue push-up progression/endurance (no elbow flexion > 90 degrees)
Ball toss with arm at side
Fitter board on hands
Pool walking/running
Treadmill – Running progression program

Goal – Pain-free treadmill running

Months 3 – 4

PROM exercises as needed
Continue RC and scapula stabilizer PRE's
Progress theraband resistance accordingly
Pushups in full weight supported position (no elbow flexion > 90 degrees)
Begin resistive weight training – light resistance in all directions
(no elbow flexion > 90 degrees with bench, dips, pull-ups)
Begin jogging and continue previous aerobic activities as needed to supplement

Goals – Shoulder strength WNL and equal bilaterally 30 standard push-ups

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Months 4 – 6

Continue RC and scapula stabilization exercises
Progressive weight training – all exercises in pain-free range
(no elbow flexion > 90 degrees)
Continue aerobic conditioning

Goals - Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op