

## Robert Kollmorgen DO

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

*Revised August 2012*

#### **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

## Robert Kollmorgen DO

- 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

## Robert Kollmorgen DO

### **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**