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**ARTHROSCOPIC / OPEN BANKART REPAIR\***  
(Rehabilitative Guidelines)

*Revised June 2018*

**\*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

**Goal** – 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/abd 90 degrees  
Pain control

**\* 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**)

**Goals**

Supine AAROM: flex 90-120 degrees, abduct 105-110 degrees  
D/C sling at 4 wks

**\* 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

**\* 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

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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 AROM

50 push-ups on knees

**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 arms 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

### **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***