



Bankart and SLAP Repair REHAB Protocol

Post-op Days 1-3

Directions for patient:

Sling x 6 weeks
Place pillow behind arm while sleeping for comfort
No lifting

Goals

Pain control
Protection

Directions for PT:

Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Supported pendulum exercise in sling or on ball (trunk driven)
Scapular retraction without resistance
Sternal lift (in sling)
Ice pack – educate pt on use
Elbow in back pocket (in sling)

Post-op Days 1-3

Directions for patient:

Sling x 6 weeks

Directions for PT:

Continue appropriate previous exercises
AAROM supine
Forward elevation to 90 degrees
External rotation to within 25% of contralateral shoulder with wand
1-2 finger isometrics x6 (fist in a box)
Resisted wrist exercises (light dumbbell)
Stationary bike (must wear sling)
Walking as tolerated (in sling)

Goals

AAROM flexion to 90 degrees

Weeks 3-4

Directions for patient:

Sling x 6 weeks
No lifting heavier than cup or utensil

Goals

AAROM flexion to 120 degrees

Directions for PT:

Continue appropriate previous exercises
AAROM supine
Forward elevation to 120 degrees
External rotation to within 33% of contralateral shoulder with wand

Weeks 5-6

Directions for patient:

Sling x 6 weeks

Goals

AAROM flexion > 120 degrees

Directions for PT:

Scapular clock
Low rows (elbow in back pocket)
AAROM (supine, wand, pulley, table slides)
Forward elevation to > 120 degrees
Abduction
External rotation to within 50% of contralateral shoulder with wand
IR as tolerated
Push-up plus against wall – no elbow flexion >90
Prone scapular retraction exercises (no weights)
Treadmill – walking progression program

Weeks 7-9

Directions for patient:

Avoid heaving pushing, pulling, lifting

Directions for PT:

Continue appropriate previous exercises
AAROM (pulley, doorway stretches) through full range
AROM through full range as tolerated
Rotator cuff strengthening with light tubing/theraband
Forward elevation to 60 degrees
Abduction to 60 degrees
IR and ER with arm at side and pillow or towel roll under arm
Scaption to 60 degrees
Extension to 30 degrees
Push-up progress wall to table – no elbow flexion >90

Goals

Near full AROM
30 wall push ups

Standing rows with tubing/theraband
Resisted elbow curls
Ball on wall (arc, alphabet)
BAPS on hands
Body blade scaption
Upper body ergometer forward and backward at low resistance
Elliptical trainer (without arms)
Stairmaster
Pool walking/running – No UE resistive exercises

Weeks 9-12

Directions for patient:

Avoid heaving pushing, pulling, lifting

Goals

Normal RTC strength
Full AROM

Directions for PT:

Continue appropriate previous exercises
PROM/mobilization as needed to gradually regain full ROM by 12 weeks
Push-up progress table to bench – no elbow flexion >90
Ball toss with arm at side using light ball
Treadmill – running progression program
Pool walking/running – No UE resistive exercises

Weeks 13-16

Directions for patient and PT:

Avoid heaving pushing, pulling, lifting
Continue previous appropriate exercises
Fitter on hands
Ball toss overhead
Push-up regular – no elbow flexion >90
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

30 regular push-ups
Full AROM

Months 4-6

Directions for patient and PT:

No contact sports until 6 months after surgery
Continue previous appropriate exercises
Sit ups
Push-up regular – no elbow flexion >90
Weight training progression
No elbow flexion >90 degrees with bench, dips etc
Swimming
Running progression to track

Goals

Resume all activities