



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

[www.travisburnsmd.com](http://www.travisburnsmd.com)

<https://ortho-sa.com/>

(210) 705-5060



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## ANTERIOR LABRAL REPAIR - BANKART REPAIR

### General Guidelines

- Sling for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- Return to sports 4 to 6 months, no contact sports (football/wrestling/rugby) for 6 months

### Post-op Days 1 – 14

**Goals:** Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

#### **Therapy:**

Ice pack

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

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)

### Weeks 2 – 6

**Goals:** AAROM to 120 degrees

#### **Therapy:**

Continue sling x 6 wks

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

### **Weeks 6 – 9**

**Goals:** Full AROM, 30 wall push-ups

**Therapy:**

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

### **Weeks 9 – 12**

**Goals:** Regain full cuff strength, 30 table push ups

**Therapy:**

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)

### **Months 3 - 4**

**Goals:** 30 regular pushups, Run 2 miles at own pace

**Therapy:**

- 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

**Months 4 - 6**

**Goals:** Resume all activities

**Therapy:**

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

# Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

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

