

## After Arthroscopic Bankart Repair

### *Helping your recovery*

*This handout gives guidelines and exercises to follow during recovery after a shoulder surgery called arthroscopic Bankart repair.*

### Guidelines for Weeks 0 to 6

#### What to Do

- Talk with your provider, nurse, or physical therapist if you have any questions or concerns.
- Wear your sling at all times after surgery.
- Ride a stationary bike or walk for cardiovascular fitness. Wear your sling while you do these activities.
- Make sure you have set up your physical therapy visits.
- Do the exercises listed on page 2 at the timelines we advise.



#### What Not to Do

- Do **not** run or jump. These movements can jar your shoulder.
- Do **not** use treadmills. They can require you to hold on for support, and it is easy to fall off the machine.
- Do **not** pull your arm in toward your body. This is called *active shoulder internal rotation*. It can stress your shoulder.
- Do **not** turn your hands to face forward. This is called *active or passive shoulder external rotation*. It can stress your shoulder.
- Do **not** do any activity that makes your shoulder more sore or causes a sharp pain.

*Talk with your provider at UW Medicine Sports Medicine Center if you have any questions or concerns.*



*Pendulum exercise*



*Seated scapular retraction*

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 8.

## 0 to 2 Weeks After Surgery

### Pendulum Exercise

- Position yourself as shown in the photo at left. Let your surgical arm hang down.
- **Using your body to start the motion**, gently shift your weight so your arm moves forward and backward and then in circles. Keep your arm relaxed as it moves.
- Do this for 2 to 3 minutes, 3 times a day.

### Seated Scapular Retraction

- Sit upright in a chair. Gently squeeze your shoulder blades together. Make sure not to lift your shoulders. Hold for 5 seconds, then relax.
- Do 10 squeezes, 3 times a day.

## 3 to 6 Weeks After Surgery

### Shoulder Flexion/ Scaption AAROM (Active Assisted Range of Motion)

- Lie on your back, holding a dowel in both hands. This is your starting position.
- Use the dowel and the support of your non-surgical arm to move your surgical arm upward. Do **not** use your surgical arm to do the turning and lifting motion. Do **not** arch your back. If you feel pain, **stop**.
- Move your arms up to a 120° angle, as shown in the photo at right.
- Return your arms to the starting position.
- Do this motion 10 times, then rest. Do 3 times a day.



*Starting position*



*Move your arms to a 120° angle.*