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.
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.

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.