

University Orthopedics, Inc.

POSTERIOR CAPUSLORRAPHY/ REVERSE BANKART REPAIR REHABILITATION PROTOCOL

This protocol was developed for patients who have had a reverse bankart repair. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

PHASE I: 1-2 WEEKS POSTOPERATIVE

GOALS: Protection and Pain Control

AMBULATION AND BRACE USE:

Sling x 6 weeks – Even while sleeping
– Maintain shoulder in neutral rotation, not IR
Place pillow under shoulder / arm while sleeping for comfort

EXERCISES:

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
Ice pack

PHASE II: 2-4 WEEKS POSTOPERATIVE

GOALS:

- AAROM Flexion and abduction to 90 degrees, Abduction 60 degrees

AMBULATION AND BRACE USE:

Continue sling x 6 weeks

EXERCISES:

Continue appropriate previous exercises
Full Pendulum exercises
Resisted elbow/wrist exercises, light dumbbell
Active assisted motion (AAROM) supine with wand
– Flexion to 90 degrees
– Abduction to 60 degrees
– ER to 45-60 degrees
–NO IR x 6 weeks
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

PHASE III: 4-6 WEEKS POSTOPERATIVE

GOALS:

- AAROM Flexion to 140 degrees
- Abduction to 90 degrees

AMBULATION AND BRACE USE:

Continue sling x 6 weeks

EXERCISES:

Continue appropriate previous exercises
Submaximal isometrics x 6(Pain free)
AAROM supine with wand
– Flexion to 140 degrees
– Abduction to 90 degrees
– ER to within 60+ degrees
– NO IR
Treadmill- Walking progression program

PHASE IV: 6-9 WEEKS POSTOPERATIVE

GOALS:

- Full AROM
- 30 wall push ups

AMBULATION AND BRACE USE:

D/C sling

EXERCISES:

Continue appropriate previous exercises
Full pendulum exercises
AAROM (wand, wall climb, pulleys, doorway stretch) through full range
AROM through full range
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
Prone scapular retraction exercises without weight
Standing rows with Theraband
Push-up plus against wall (no elbow flexion > 90 degrees)
Body Blade
Ball on wall (arcs, alphabet)
UBE – Forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.

PHASE V: 3-4 MONTHS POSTOPERATIVE

GOALS:

Run 2 miles at easy pace
30 chair push ups

EXERCISES:

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Push-up progression – Table to chair (no elbow flexion > 90 degrees)
Weight training with light resistance
– No elbow flexion > 90 degrees with bench, dips, etc.

PHASE VI: 4-6 MONTHS POSTOPERATIVE

GOAL: Resume all activities

EXERCISES:

Continue appropriate previous exercises
Push-ups, regular – No elbow flexion > 90 degrees
Sit-ups
Swimming
Running progression to track
Progressive weight training – No elbow flexion > 90 degrees
Transition to home / gym program

No contact sports until 6 months postop.

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer.