



PHYSICAL THERAPY SECTION

POSTERIOR CAPSULORRAPHY/ REVERSE BANKART

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – 14

Sling with external rotation brace x 6 weeks – Even while sleeping
– Maintain shoulder in neutral rotation, not IR
– 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
Ice pack

Goals

Pain control
Protection

Weeks 2 – 4

Continue sling x 6 weeks
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)

Goal – AAROM Flexion to 90 degrees, Abduction 60 degrees

Weeks 4 – 6

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

Goal – AAROM Flexion to 140 degrees, Abduction to 90 degrees

Weeks 6 – 9

D/C Sling
Continue appropriate previous 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

Goals

Full AROM
30 wall push-ups

Weeks 9 – 12

Continue appropriate previous exercises with increased resistance as tolerated
PROM / mobilization as needed to regain full ROM
Seated row with light resistance
Prone scapular retraction exercises with light weight
BAPS on hands
Ball toss with arm at side
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Push-up progression – Wall to table (no elbow flexion > 90 degrees)
Treadmill – Running progression program

Goals

Normal rotator cuff strength
30 table push-ups

Months 3 – 4

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.

Goals

Run 2 miles at easy pace
30 chair push-ups

Months 4 – 6

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

Goals

Resume all activities
Pass APFT at 6 months post-op

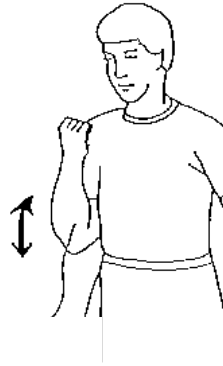
No contact sports until 6 months post-op

Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

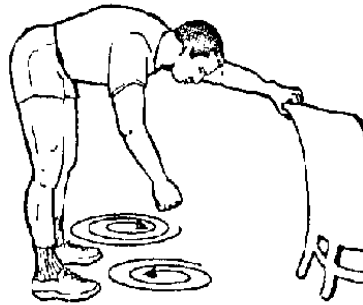
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



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

