

**POSTERIOR CAPSULORRAPHY / REVERSE BANKART
POST-SURGICAL REHABILITATION PROTOCOL**

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

- 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

GOAL

- Resume all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****