



Mercy Sports Medicine Institute &
Joint Preservation Center

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**POSTERIOR CAPSULORRAPHY/
REVERSE BANKART**

Revised August 2008

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 at 6 months post-op

No contact sports until 6 months post-op

