

Posterior Bankart Repair Protocol

**The following is an outlined progression for rehabilitation following surgery. The following are suggested time frames for progression. Proper progression through the phases of rehabilitation should be based on the individual case (i.e. age, patient history, activity level, revision surgery, etc.). The advice of the Dr. Young and/or Jake, along with clinical judgment by the physical therapist should be utilized when necessary. **

Phase I (POD #1-7)

Goals:

- Protect the surgical repair
- Prevent negative effects of immobilization
- Promote dynamic stability
- Decrease pain and inflammation
- Sling for 2 weeks. Continue to sleep in the sling and use for "at risk" situations for approximately 4 weeks
- Initiate early protected and restricted range of motion

Suggested Exercises:

- Cervical spine ROM
- Elbow and hand ROM exercises
- Hand gripping exercises
- **No active IR or adduction**
- Initiate submaximal isometrics
- Modalities as indicated
- Initiate gentle PROM - supine forward elevation, abduction, external rotation

Phase II (Weeks 1 - 4)

Goals:

- Continue to protect the surgical repair
- Progress with PROM
- Minimal to no shoulder pain
- Discontinue the use of the shoulder sling altogether by 4 weeks
- Continue to promote dynamic stability
- ROM: 0-120 by the end of Week #4

Suggested Exercises:

- Continue with exercises on Phase I
- Stationary or recumbent bike for overall cardiovascular endurance
- Initiate trunk/LE strengthening exercises
- ROM exercises (PROM, progressing to AAROM)
- No active IR, adduction, or elevation until 6 weeks
- Continue with isometrics
- Modalities PRN

Criteria to progress to phase III

- Progression with PROM/AAROM
- Little to no shoulder pain
- Tolerating exercises in Phase II with little to no discomfort

Phase III (Weeks 4 - 8)

Goals:

- Gradually restore full ROM
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- No shoulder pain

Suggested Exercises:

- Initiate AROM in all planes at 6 week expect for IR. PROM to 20-25 degrees with arm in neutral position
- Initiate exercise tubing ER (arm at side) - at 6 weeks
- Progress isotonic strengthening program
- No IR strengthening for 8 weeks
- PNF strengthening
- Avoid closed kinetic chain exercises
- All exercises shoulder be performed to tolerance

Criteria to enter phase IV:

1. Full pain-free AROM
2. Satisfactory shoulder stability
3. Strength improving
4. No shoulder pain

Phase IV (Weeks 8-16)

Goals:

- Full AROM
- Pain free motion
- Gradual progression with strengthening exercises
- Continue to promote overall conditioning
- Protect posterior labral repair
- Gradually initiate functional activities at 12 weeks

Suggested Exercises:

- Stationary bike and/or recumbent bike
- May initiate walk-run program at 8-10 weeks if patient has full ROM and is mainly pain-free (if the patient wants to return to running and/or is an athlete)
- Continue all stretching exercises
- Initiate isotonic dumbbell program
- IR/ER exercises
- Progress IR motion in abducted position
- Can initiate standing wall push-ups at week 12
- Continue to gradually progress with proprioception exercises
- At approximately 16 weeks can initiate light plyometrics and light swimming
- At week 16 - initiate fundamental throwing program (Mechanics only. No live throwing until 6 months)

Phase V: Week 16-24

Goals:

- Maintain full AROM
- Improve strength and endurance
- Improve neuromuscular control
- Return to athletic participation

Suggested Exercises:

- Continue all exercises as above
- May begin sport specific activities
- Machine resistance exercises
(i.e lat pulldowns, chest press, seated rowing, etc)
- May progress CKC program as tolerated
ball on wall, pushup on unstable surface, etc.



D. Christopher Young, M.D.

Head Team Physician
University of Richmond
Clinical Associate Professor of
Orthopedic Surgery, VCU

Jacob C. Puglisi, PA-C, ATC
Physician Assistant

-
- Emphasis on gradual return to recreational activities
 - Progressively increase activities to prepare patient for unrestricted functional return
 - Physician clearance to return to athletic participation

Chippenham Boulders Office
1115 Boulders Parkway, Suite 100, N. Chesterfield, Virginia 23225
Office: 804.320.1339 Fax: 804.560.1481