

## Posterior Bankart Repair/Capsulorrhaphy

- Must keep the end feel firm for the first four months
- Better to keep the end feel firm rather than loose
- In sling for 6 weeks
- No pulleys for 6 weeks
- Avoid functional IR for 12 weeks (reaching pockets, tucking shirt)
- In sling for at least 3-4 weeks while sleeping after surgery, may use long pillow for support

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### 0-2 weeks

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Codman's (circumduction with thumb away from the body only) \*No swaying of body

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### 2-4 weeks

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PROM:FF 90 degrees passively

may initiate supine AAROM with wand to 90 degrees

ER 30 degrees passively in scapular plane

~gently as tolerated per pain and per end feel

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### 4-8 weeks

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Passive 130 degrees FF

Passive ER 40 degrees in scapular plane

No IR or HAD

May begin scapular and deltoid isometrics **sub-pain/sub-max**

Initiate standing AAROM progressing to AROM with no scapular substitution or pain

Stationary LE bike for conditioning (No UE use)

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### 8-12 weeks

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Passive 150+ degrees FF

Passive 50+ degrees ER in scapular plane, work up to 70 degrees at 90 degrees of abduction based on end feel

\*if dominant side/throwing arm, add 15 +/- degrees to ER in 90 ABD based on end feel

IR 45 degrees passively in scapular plane

Supine rhythmic stabilizations for IR/ER with nominal resistance

May begin elliptical trainer, Stair Climber (No use of involved upper extremity)

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**13-16 weeks**

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Passive FF should be 10-15 degrees LESS THAN contralateral side  
Passive ER as tolerated per pain and per end feel  
Passive IR should be 10-15 degrees LESS THAN contralateral side

The patient must have full, PAIN FREE AROM before initiating the following strengthening:

- Tband bilateral rows
- Tband triceps extension at 0 degrees of abduction
- Prone rowing starting with 1-2 lb dumbbell weights
- Elbow flexion starting with 1-2 lb dumbbell weights

If the patient tolerated these above exercises WITHOUT ANY PAIN for 1-2 weeks:

- Tband IR and ER (start with yellow band)
- Flexion and scaption to 90 degrees starting with 1-2 lb dumbbell weights
- Prone horizontal abduction starting with 1-2 lb dumbbell weights
- Side lying ER starting with 1-2 lb dumbbell weights
- Tband PNF D2 extension (start with yellow band)
- Wall closed-chain progressions

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**16-24 weeks**

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Continue above strengthening exercises  
May increase 1-2 lb of weight every 10-14 days  
Progress functional strengthening program  
May begin light plyometric program with volleyball or basketball  
May start jogging

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**6 months +**

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Initiate higher level plyometrics for throwers, spikers, swimmer etc.  
Educate patient on appropriate return to weight lifting program with restrictions as per New West's "Return to Weightlifting Guide" found online  
~never to max out any weights  
Show sport specific Interval Return to Sport Programs found online  
No throwing/golfing/ other impact activities for at least 6 months after surgery