



## POSTERIOR BANKART REPAIR/ POSTERIOR CAPSULAR PPLICATION

### Phase I: Immediate post-operative phase (Restrictive motion)

- Goals: Protect the anatomic repair  
Prevent negative effects of immobilization  
Promote dynamic stability  
Decrease pain and inflammation

#### Weeks 0 to 4

- Sling for 4 weeks in ER  
Sleep in immobilizer for 4 weeks  
Elbow and hand ROM exercises  
Hand gripping exercises  
\*\*\*No active IR or adduction  
Cryotherapy, modalities as indicated

#### Week 4

- Discontinue sling at 4 weeks  
May use immobilizer for sleep  
ROM exercises (PROM and AAROM)  
**Flexion to 90-110 in scapular plane**  
**Abduction to 75-85**  
**ER in scapular plane to 30**  
**No IR**  
No active IR, adduction, or elevation  
Continue isometrics, modalities and cryotherapy

#### Weeks 4 to 6

- Gradually improve ROM, begin AROM in all planes at 4 weeks  
**Flexion: 140**  
**ER at 45 degrees abduction: 25-30**  
**IR to 20 with arm at side**  
Initiate exercise tubing ER (arm at side)  
PNF manual resistance

### Phase II: Intermediate phase (Moderate protection)

- Goals: Gradually restore full ROM  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance

#### Weeks 7 to 9

- Gradually progress ROM  
**Full flexion**  
**ER at 90 abduction: 45-70**

**IR at neutral to belly**  
**Begin IR in 30 deg abduction to 30**

Progress isotonic strengthening program  
PNF strengthening  
\*\*\*\*Protect posterior repair

**Weeks 10 to 14**

Slightly more aggressive strengthening  
Continue all stretching exercises  
\*\*\*Progress ROM to functional demands  
Progress IR motion in abducted position.  
May begin to increase IR at 90 deg of abduction (12 weeks)  
\*\*\*\*Protect posterior repair

**Phase III: Minimal protection phase**

Goals: Establish and maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional activities

Criteria to enter phase III:

1. Full pain-free ROM
2. Satisfactory stability
3. Strength improving
4. No pain or tenderness

**Weeks 15 to 18**

Continue all stretching exercises  
Progress IR as tolerated  
Continue strengthening exercises  
Fundamental throwing exercises  
PNF manual resistance  
Endurance training  
Initiate light plyometrics  
Light swimming

**Weeks 18 to 21**

Continue all above exercises  
Initiate ITP

**Phase IV: Advanced strengthening phase**

Goals: Enhance strength, power and endurance  
Progress functional activities  
Maintain shoulder mobility

Criteria to enter phase IV:

1. Full pain-free ROM
2. Satisfactory static stability
3. Strength 75-80% of contralateral side
4. No pain or tenderness

**Weeks 20 to 24**

Continue flexibility exercises  
Continue isotonic strengthening program  
PNF manual resistance patterns  
Plyometric strengthening  
Progress ITP

**Phase V: Return to activity phase (6 to 9 months after surgery)**  
Gradually progress sport activities to unrestricted participation