

Palmetto Health **USC**

ORTHOPEDIC CENTER

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POSTERIOR BANKART

I. Phase One – Protection Phase (Week 0 – 6)

Goals: Allow healing of sutured capsule
Initiate early protected range of motion
Retard muscular atrophy
Decrease Pain and Inflammation

Precautions:

- Post-operative brace in 30-45 degrees abduction, 15 degrees external rotation for 4-6 weeks
- Brace must be worn at all times with the exception of exercise activity and bathing
- No overhead activity
- Must sleep in brace

Week 0 - 4

- Gripping exercises with putty
- Active elbow flexion/extension and pronation/supination
- AROM cervical spine
- Passive ROM progressing to Active-Assisted ROM
- Active-Assisted ROM:
 - External Rotation to 25-30 degrees at 30-45 degrees of abduction
 - Flexion to 90 degrees as tolerated
 - Internal Rotation to 15-25 degrees at 30-45 degrees of abduction (Week 3)
 - Submaximal Shoulder Isometrics
- External Rotation
 - Flexion
 - Abduction
 - Extension
- Ice before and after exercises for 20 minutes. Ice up to 20 minutes per hour to control pain and swelling.

Week 4 – 6

Goals: Gradual increase in ROM
Normalize arthrokinematics
Improve strength
Decrease pain and inflammation

- Range of Motion Exercises
 - T-bar Active Assisted Exercises
 - ER from 45 degrees to 90 degrees of shoulder abduction
 - Shoulder flexion to tolerance
 - Shoulder abduction to 90 degrees
 - Internal Rotation to 35 degrees at 45 degrees of abduction
 - Rope and Pulley
 - Shoulder abduction to tolerance
 - Shoulder flexion to 90 degrees
 - All exercises should be performed to tolerance
 - Take to the point of pain and/or tolerance and hold (5 seconds)

 - Gentle self capsular stretches

- Gentle Joint Mobilizations to re-establish normal
 - Arthrokinematics
 - Scapulothoracic joint
 - Glenohumeral Joint – Avoid posterior glides
 - Sternoclavicular joint

- Strengthening Exercises
 - Active Abduction to 90 degrees
 - Active External Rotation neutral to 90 degrees
 - Elbow/Wrist PRE Program

- Conditioning Program For
 - Truck
 - Lower extremities
 - Cardiovascular Endurance

- Decrease Pain and Inflammation
 - Ice, NSAID, Modalities

- Brace: Discontinue 4-6 weeks post-surgery per physician direction

II. Phase Two – Intermediate Phase (Week 6 – 12)

- Goals:
- Full, non-painful ROM at week 8 (except internal rotation)
 - Normalize Arthrokinematics
 - Increase Strength
 - Improve Neuromuscular Control

Week 6 - 9

- Range of Motion Exercises
 - T-Bar Active Assisted Exercises
 - ER to tolerance
 - Shoulder Abduction to tolerance
 - Shoulder Flexion to tolerance
 - Rope and Pulley: Flexion/Abduction
- Joint Mobilization: Continue as above
- Strengthening Exercises
 - Tubing for IR/ER at 0 degrees abduction
 - Initiate isotonic dumbbell program
 - Shoulder abduction
 - Shoulder Flexion
 - Latissimus Dorsi
 - Rhomboids
 - Biceps Curl
 - Triceps kick-out over table
 - Shoulder Shrugs
 - Push-ups into wall (serratus anterior)
- Initiate Neuromuscular Control Exercises for Scapulothoracic Joint

Week 10 - 12

- Continue all exercises listed above
- Initiate
 - Active-assisted internal rotation 90/90 position
 - Dumbbells supraspinatus
 - Tubing exercises for rhomboids, latissimus dorsi, biceps & triceps
 - Progressive push-ups

Criteria to Enter Phase Three

- Full, non-painful ROM
- No pain/tenderness
- Strength 70% contralateral side

III. Phase Three – Dynamic Strengthening Phase (Week 12 – 18)

Goals: Improve strength/power/endurance
Improve Neuromuscular Control

Emphasis of Phase Three:

High speed/high energy strengthening exercise
Eccentric exercises
Diagonal patterns

Week 13 - 15

- Exercises
 - Continue IR/ER tubing exercises at 0 degrees abduction (arm at side)
 - Tubing for Rhomboids
 - Tubing for Latissimus Dorsi
 - Tubing for Biceps/Triceps
 - Tubing for Diagonal D2 Flexion Pattern
 - Continue dumbbell exercise for supraspinatus/deltoid
 - Progressive Serratus Anterior push-up anterior flexion
 - Continue Trunk/LE strengthening and conditioning exercises
 - Continue Neuromuscular exercises
 - Continue Self Capsular Stretches

Week 16 - 20

- Continue all exercises as above
- Emphasis on gradual return to recreational activities

Criteria to progress to Phase Four

- Full ROM
- No pain/tenderness
- Satisfactory clinical exam
- Satisfactory Isokinetic Test

IV.

V.

VI. Phase Four – Return to Activity (Week 21 – 28)

Goals: Progressively increase activities to prepare patient for unrestricted functional return

- Exercises
 - Continue tubing/dumbbell exercises outlined in Phase Three
 - Continue ROM exercises
 - Initiate Interval Programs between 28-32 weeks (if patient is recreational athlete)