

POSTERIOR BANKART REPAIR / POSTERIOR SLAP REPAIR

Dr. Michael Thomas Edgerton

Immediate Post-Operative Phase – Day 1 – Week 6

Goals:

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

DAY 1 - WEEK 2

Sling x 4 weeks unless specified otherwise by surgeon (including sleep)

HEP (no AROM for ER, abduction, or extension)

- Elbow and hand ROM - assisted elbow flexion with no isolated bicep contraction
- Hand gripping exercises
- Gentle shoulder shrugs, rolls, and scapular retractions
- Gentle PROM and AAROM exercises with elbow bent
 - Flexion to 60 degrees (to 75 at week 2)
 - Scaption to 60 degrees
 - ER to 45-60 degrees in slight scaption
 - Minimal IR in slight scaption (to protect posterior repair)
- Submaximal isometrics for shoulder musculature

* NO isolated bicep contraction

Cryotherapy as needed

WEEK 3 – 4:

Discontinue use of sling at 4 weeks per MD orders

HEP (no AROM for extension or abduction)

- Continue gentle ROM exercises
 - Flexion to 90 degrees
 - Abduction to 75 – 85 degrees
 - ER as tolerated in slight scaption
 - IR to 25 – 35 degrees in slight scaption
- Initiate rhythmic stabilization drills
- Continue Isometrics
- Initiate IR/ER theraband at 0 degrees abduction

NO isolated bicep contraction

Cryotherapy as needed

WEEK 5 – 6:

- Gradually improve ROM
 - Flexion to 145 degrees
 - ER as tolerated at 45 degrees abduction
 - IR to 55-60 degrees at 45 degrees abduction
- May initiate gentle stretching exercises, especially “Sleeper Stretches” for IR
- Continue theraband IR/ER at 0 degrees abduction
- Initiate AROM shoulder abduction (no resistance)

- Initiate “full can” AROM (no resistance)
- Initiate bent over rowing and horizontal abduction (start without weight and progress to light resistance)

NO biceps strengthening

Intermediate Phase – Moderate Protection - Weeks 7 - 14

Goals:

- Gradually restore full ROM
- Preserve integrity of the surgical repair
- Restore muscular strength and balance of scapula and rotator cuff

WEEK 7 – 9

- Gradually progress ROM as indicated
Flexion to 180 degrees
ER to 90 degrees
IR to 70 – 75 degrees at 90 degrees abduction
- Progress isotonic strengthening program
- PNF strengthening can be initiated
- Initiate “Throwers 10 Program” if indicated
- Scapular strengthening, RC strengthening, and deltoid strengthening

OK to initiate biceps strengthening unless at Type IV tear

WEEK 10 – 14

- May initiate slightly more aggressive stretching/strengthening
- Progress thrower’s ER and IR motion
- Continue stretching exercises

*Type IV tear: May initiate light bicep strengthening at 12 weeks post-op. No stress to bicep x 4 months

Phase Three: Minimal Protection Phase – Weeks 14 – 24

Goals:

- Establish and maintain full AROM
- Improve muscular strength, power, and endurance
- Gradually initiate functional strength
- Stress maintenance of IR to overhead athletes for life

Criteria to enter phase III:

- Full, non-painful ROM
- Satisfactory stability
- Muscle strength of 4/5 or better
- No pain or tenderness

WEEK 14 – 16

- Continue all stretching and strengthening exercises
- Initiate light plyometric program
- Restricted sports activity (light swimming, half golf swings)

WEEK 16 – 24

- Increase golf swings and allow ground strokes with increasing activity
- May initiate gradual throwing program/overhead activity on level surfaces

Phase IV: Return to Sport - Week 24+

Weeks 24 - 28

- Begin full speed pitching / Overhead activity and progress to return to sport
- Encourage “Sleeper stretches” for life to maintain IR / prevent genohumeral IR deficit

Michael Thomas Edgerton, DO

Date