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## Rehabilitation after Arthroscopic Posterior Bankart Repair

**DISCLAIMER:** The following Physical Therapy protocol is intended to be utilized by the clinician as a guideline in the treatment of this disorder. It is based on current research and has been formulated as a collaborative effort between Physicians and Physical Therapists. It is not intended to serve as a substitute for sound clinical decision making. Every patient is a unique case, and it should be anticipated that not all patients will fit into the timelines set forth in this protocol. If the Physical Therapist has any questions regarding the course of treatment, the referring physician should be contacted for further guidance.

### Phase 1: 0 to 4 weeks after surgery

- Goals
  - Control pain and swelling, protect the repair, begin early shoulder motion
- Activity
  - Apply ice to the shoulder as tolerated to reduce pain and swelling.
  - Remove the sling on the first day after surgery.
  - Move your elbow, fingers and hand several times a day.
  - Begin the pendulum exercise several times a day
- Wound:
  - Remove the outer dressing on the second day after surgery and shower. Leave the little pieces of tape (steri-strips) in place. You can get the wound wet after 2 days in a shower, but do not soak in a tub. To wash under the operated arm, bend over at the waist and let the arm passively swing away from the body. It is safe to wash under the arm in this position.

### 5 to 6 weeks after surgery

- Goals
  - Gradual increase in ROM, improve strength, decrease pain/inflammation, protect the labral repair

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- Activity

Sling: Discontinue use

Use of the operated arm

You may now carefully use your arm. Avoid extension and horizontal adduction, heavy lifting or manual labor.

- Precautions

- Avoid extension and horizontal adduction, heavy lifting or manual labor.
- Avoid forward flexion above the head
- Avoid bearing weight of upper body onto elbow

Ice: 15-20 minutes several times daily

- Exercise

- STRETCHING / ACTIVE MOTION

Days per week: 7, Times per day: 1-3

Pendulum exercises

Supine External Rotation

Hands-behind-head stretch

Standing external rotation stretch

Supine forward flexion (*Limit 140 degrees until week 6*)

- STRENGTHENING EXERCISES

Days per week: 7, Times per day: 1

Theraband internal and external rotation: (internal rotation to neutral only)

Standing forward flexion to 90° (scaption)

Prone row

Prone extension

Biceps curl

Sidelying external rotation

### **Phase Two: 7 to 12 weeks after surgery**

- Goals

Protect the shoulder repair, regain full range of motion, continue gradual strengthening

- Activity

You may now use your arm in a more normal fashion. You may move the arm into all positions including behind the back if it is comfortable. Avoid having the arm forcefully pulled behind you,

pulled across the chest or bearing weight as if doing a push-up. Continue to avoid heavy weight lifting or manual labor. Follow any further instructions given to you by your doctor.

- Precautions

- Do not lift heavy objects overhead with the weight going behind the head. In other words, keep objects in front of you where you can see them.

- Exercise

- STRETCHING / RANGE of MOTION

- Days per week: 7, Times per day: 1-2

- Pendulum exercises

- External rotation @90° abduction stretch

- Wall slide Stretch

- Hands-behind-head stretch

- Standing external rotation stretch

- Standing Forward Flexion

- Behind the back internal rotation (*starts after the 8<sup>th</sup> week after surgery*)

- Horizontal adduction stretch (*starts after the 8<sup>th</sup> week after surgery*)

- STRENGTHENING / THERABAND

- Days per week: 7 Times per day: 1

- External Rotation

- Internal Rotation

- Standing Forward Punch

- Shoulder Shrug

- Dynamic hug

- “W”s

- Seated Row

- Biceps curl

- STRENGTHENING / DYNAMIC

- Days per week: 7, Times per day: 1

- Side-lying External Rotation

- Prone Horizontal Arm Raises ‘T’s

- Prone scaption ‘Y’

- Prone row

- Prone extension

Standing forward flexion "full-can" exercise

Rhythmic stabilization and proprioceptive training drills with Physical Therapist

**Phase Five: 13-20 weeks after surgery**

- Goals

Progression of functional activities, maintain full range of motion, continue progressive strengthening

- Exercise

- STRETCHING / RANGE OF MOTION

Days per week: 5-7, Times per day: 1

Continue all exercises from phase 4

- STRENGTHENING / THERABAND

Days per week: 3, Times per day: 1

Continue from phase 4

- STRENGTHENING / DYNAMIC

Days per week: 3, Times per day: 1

Continue from phase 4

- PLYOMETRIC PROGRAM

Days per week per Physical Therapist

May process weight bearing program:

- Ball on wall
- Pushup on unstable surface

- WEIGHT TRAINING

Days per week per Physical Therapist

Precautions:

May not initiate unless full ROM and strength in RTC and scapular muscles

Perform in 3 sets of 10-15 reps

Machine resistance (limited ROM):

- Latissimus dorsi pull downs
- Seated row
- Seated bench press

Avoid exercise to muscle failure

- Avoid:
  - Pull downs behind-the-neck (wide-grip)
  - Behind-the-neck shoulder press
  - Wide-grip bench press
  - Standing lateral deltoid raises
  - Triceps press overhead
- Exercises to be cautious with
  - Pull downs (avoid wide grip)
  - Shoulder press and bench press (avoid wide grip)
  - Standing lateral deltoid raises (avoid)
  - Chest fly (avoid lowering hands below/behind chest level)
  - Pec Deck machine (Avoid elbows being pulled behind the plane of the chin)
  - Triceps Dips (do not lower elbows below 90 degrees)
  - Upright rower (do not pull too high, keep grip approx 12" wide)

#### **Phase Four: 21-28 weeks after surgery**

- **Goals**

Progression of functional activities, maintain full range of motion, continue progressive strengthening

- **Exercise**

- STRETCHING / RANGE OF MOTION

Days per week: 5-7 Times per day: 1

Continue all exercises from phase 5

- STRENGTHENING / THERABAND

Days per week: 3 Times per day: 1

Continue from phase 5

- STRENGTHENING / DYNAMIC

Days per week: 3 Times per day: 1

Continue from phase 5

- PLYOMETRIC PROGRAM

Days per week per Physical Therapist

May process weight bearing program:

- Rebounder' throws with arm at side
- Wall dribbles overhead
- Rebounder throwing/weighted ball
- Deceleration drills with weighted ball
- Wall dribbles at 90°
- Wall dribble circles

- WEIGHT TRAINING

Days per week per Physical Therapist

See weight training precautions section

Progress per MD instructions

- INTERVAL SPORT PROGRAMS at 28 to 32 weeks  
To be initiated with your Physical Therapist

References of adaptation:

Rehabilitation after Arthroscopic Posterior Bankart Repair. Boston Sports Medicine and Research Institute; Dedham, MA. Accessed March 2020

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