

REVERSE/POSTERIOR BANKART REPAIR REHAB PROTOCOL

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Patient: _____

DOS: _____

	WEEKS 1-4	WEEKS 5-6	WEEKS 7-8	WEEKS 9-12	WEEKS 12+	MONTHS 4-6
PASSIVE-AAROM External Rot.	NONE	AS TOLERATED TO FULL				FULL ALL PLANES (IR per MD goals)
PASSIVE-AAROM Elevation	NONE	Painfree with long axis traction	AS TOLERATED TO FULL			
PASSIVE-AAROM Internal Rot.	NONE	SLOW & GRADUAL to 30 deg.	60 deg. No hurry. Usually returns indep.	Painfree behind the back with good posture	IR (painfree) to full per MD goals	
AROM	C-sp, elbow, wrist, hand (gripping)	PAINFREE Shoulder + Scapular added	AS TOLERATED			
IMMOB/SLING	ER/GUNSLINGER	WEAN	NO			
PT VISITS/WEEK	0	2	2	2-3	1-3	1-3
EXERCISES				UBE		
SCAPULAR	Postural Awareness	Scapular control with exercise	Manual resistance side-lying	Open kinetic chain with tubing	Reverse corner press, side-lying reach+roll	Add closed chain wall→table→4 point
GH Elevation		Elevation AROM only & emphasis on control & scapulohumeral rhythm	When painfree 30 reps AROM & good control→light weight isotonics	Progress isotonics as tolerated below chest level	Light weight above shoulder level	• Adv. to overhead lifting/traction (lats, throwers position, etc.) • Initiate return to work/sport program * • Adv. strengthening incl. plyometrics • Bench press and push-up @ 6 months
GH External Rot.		Isometrics & gentle manual resistance progressing painfree	Protected range as tolerated, painfree	Painfree as tolerated, elbow below chest level	ROM below shoulder level advancing as able all motions	
GH Internal Rot.		Isometrics in neutral, painfree				
NOTES: Reference: Kim et al, JBJS 2003 Bottoni et all, AJSM 2005	• FOLLOW MD SPECIFIC INSTRUCTIONS. MD may modify protocol specifics. • PT visits/week may vary. • Individual exercise progression may vary. Any questions, please contact: NORTHWOODS THERAPY ASSOCIATES Altoona, WI (715)839-9266 Chippewa Falls, WI (715)723-5060			Throwing Program * Light toss throw @ 4 mo * Full throwing @ 6 mo.		
Reviewed September 2015						