

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 isotonic	Progress isotonic as tolerated below chest level	Light weight above shoulder level	<ul style="list-style-type: none"> 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	<u>Protected range</u> 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	<ul style="list-style-type: none"> 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