



Paul Kiritsis, MD
kneeandshouldersurgery.com

REHABILITATION PROGRAM AFTER POSTERIOR BANKART REPAIR/ POSTERIOR CAPSULAR PLICATION

Phase I: Immediate post-operative phase (Restrictive motion)

Goals: Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability
Decrease pain and inflammation

Weeks 0 to 2

Sling for 4 weeks in ER
Sleep in immobilizer for 4 weeks
Elbow and hand ROM exercises
Hand gripping exercises
Passive and gentle active assistive ROM
Flexion to 60-90
Elevation to 60 in scapular plane
ER to 5-10
Avoid IR
***No active IR or adduction
Sub maximal isometrics for shoulder musculature
Cryotherapy, modalities as indicated

Weeks 3 to 4

Discontinue sling at 4 weeks
May use immobilizer for sleep
ROM exercises (PROM and AAROM)
Flexion to 90-110 in scapular plane
Abduction to 75-85
ER in scapular plane to 30
No IR
No active IR, adduction, or elevation
Continue isometrics, modalities and cryotherapy

Weeks 5 to 6

Gradually improve ROM, begin AROM in all planes at 6 weeks
Flexion: 140
ER at 45 degrees abduction: 25-30
IR to 20 with arm at side
Initiate exercise tubing ER (arm at side)
PNF manual resistance

Phase II: Intermediate phase (Moderate protection)

Goals: Gradually restore full ROM
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Weeks 7 to 9

Gradually progress ROM
Full flexion
ER at 90 abduction: 45-70
IR at neutral to belly
Begin IR in 30 deg abduction to 30
Progress isotonic strengthening program
PNF strengthening
****Protect posterior repair

Weeks 10 to 14

Slightly more aggressive strengthening
Continue all stretching exercises
***Progress ROM to functional demands
Progress IR motion in abducted position.
May begin to increase IR at 90 deg of abduction (12 weeks)
****Protect posterior repair

Phase III: Minimal protection phase

Goals: Establish and maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to enter phase III:

1. Full pain-free ROM
2. Satisfactory stability
3. Strength improving
4. No pain or tenderness

Weeks 15 to 18

Continue all stretching exercises
Progress IR as tolerated
Continue strengthening exercises
Fundamental throwing exercises
PNF manual resistance
Endurance training

Initiate light plyometrics
Light swimming

Weeks 18 to 21

Continue all above exercises
Initiate ITP

Phase IV: Advanced strengthening phase

Goals: Enhance strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter phase IV:

1. Full pain-free ROM
2. Satisfactory static stability
3. Strength 75-80% of contralateral side
4. No pain or tenderness

Weeks 20 to 24

Continue flexibility exercises
Continue isotonic strengthening program
PNF manual resistance patterns
Plyometric strengthening
Progress ITP

Phase V: Return to activity phase (6 to 9 months after surgery)

Gradually progress sport activities to unrestricted participation