
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 4

Sling for 4 weeks in ER

Sleep in immobilizer for 4 weeks

Elbow and hand ROM exercises

Hand gripping exercises

***No active IR or adduction

Cryotherapy, modalities as indicated

Week 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 4 to 6

Gradually improve ROM, begin AROM in all planes at 4 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

Sports Specific Exercises – Progress towards RTP

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

Sports Specific Exercises – Progress towards RTP

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

Gradually progress sport activities to unrestricted participation