



ARTHROSCOPIC CAPSULORRAPHY POSTERIOR BANKART REPAIRS

Week 0 - 4

- Shoulder sling and swathe full time day and night.
- May have sling and swathe / brace off four times daily for active hand, wrist, and elbow ROM.
- May shower out of sling / brace 3 days post op.
- No internal rotation past anterior axillary line for posterior repairs.
- Isometrics all planes to maintain shoulder muscle tone (include scapular stabilization).

WEEK 5 - 6

- Initiate ACTIVE ROM in all planes. Patient will do this on their own at home.
- Sleep without waking due to pain

WEEK 6 - 8

- Treatment must be individualized based on patient progress and motor control ability
- Begin gentle stretching and joint mobilization if full motion has not been obtained. (Consider posterior capsular, pectoralis major and internal rotation stretches, as well as thoracic mobility)
- Include multi-planar, low load, long duration stretching as part of home program.
- GOALS:
 - Able to reach overhead with minimal pain. ROM within 20° of well shoulder
 - Good gleno-humeral rhythm with minimal scapular winging and shoulder hiking

WEEK 9 - 12

- Initiation of PROGRESSIVE RESISTANCE EXERCISES as tolerated. High repetitions and low loads.
- Exercises include isolated rotator cuff and functional movement patterns
- Exercise progression and dosage should be carefully managed to avoid aggravation of the healing tissues.
- May lift 5 lbs. in all planes
- GOALS:
 - Able to perform most ADLs painfree
 - Sleep without waking due to pain
 - Able to lift, push and pull from 2-5 lbs. without pain and with good control
 - Full ROM at 12 weeks post-op

Week 12 - 16

- Progress PRE program with free weights or Theraband within limits of motion.
- Avoid bench press, flies, military press etc. with position of abduction-external rotation for anterior repairs, and extensive posterior capsular stretches for post repairs.
- NO SPORTS
- May lift 10 lbs. in all planes





WEEK 17 - 24

- AVOID FULL STRESS OF THE CAPSULE FOR FOUR MONTHS
- May begin light jogging but no sprinting nor running.
- Progress to functional home program, including stretches and resistance retraining
- Home programs should be specific for demands of work and sports
- 1-2 visits may be saved for follow up.
- Near full daily activity at 4 months, No bench press, pull-ups, push-ups x 6 months after surgery, Sports at 9 months post-operatively. Initiate graded throwing program and swimming with full unrestricted throwing and competitive swimming at 1 year post-op. No water skiing for 1-year post-op.