## **REVERSE/POSTERIOR BANKART REPAIR REHAB PROTOCOL**

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Altoona, WI 54720

Patient: \_\_\_\_\_

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DOS:\_\_\_\_\_

WEEKS 1-4	WEEKS 5–6	WEEKS 7–8	WEEKS 9-12	WEEKS 12+	MONTHS 4–6
NONE	AS TOLERATED TO FULL				
NONE	Painfree with long axis traction	AS TOLERATED TO FULL			FULL ALL PLANES (IR per MD goals)
NONE	SLOW & GRADUAL to 30 deg.	60 deg. No hurry. Usually returns indep.	<b>Painfree</b> behind the back with good posture	IR ( <b>painfree</b> ) to full per MD goals	
C-sp, elbow, wrist, hand (gripping)	<b>PAINFREE</b> Shoulder + Scapular added	AS TOLERATED			
ER/GUNSLINGER	WEAN	NO			
0	2	2	2-3	1-3	1-3
			UBE		
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
	Elevation AROM only & emphasis on control & scapulohumeral rhythm	When <b>painfree</b> 30 reps AROM & good control→ light weight isotonics	Progress isotonics as tolerated below chest level	Light weight above shoulder level	<ul> <li>Adv. to overhead lifting/traction (lats, throwers</li> </ul>
	Isometrics & gentle manual resistance progressing <b>painfree</b>	<u>Protected range</u> as tolerated, <b>painfree</b>	<b>Painfree</b> as tolerated, elbow below chest level	ROM below shoulder level advancing as able all motions	position, etc.) • Initiate return to work/sport
Isometrics in neutral, painfree				program *	
<ul> <li>FOLLOW MD SPECIFIC INSTRUCTIONS. MD may modify protocol specifics.</li> <li>PT visits/week may vary.</li> <li>Individual exercise progression may vary.</li> <li>Any questions, please contact:</li> <li>NORTHWOODS THERAPY ASSOCIATES</li> <li>Altoona, WI (715)839–9266 Chippewa Falls, WI (715)723–5060</li> </ul>				<ul> <li>Adv. strengthening incl. plyometrics</li> <li>Bench press and push-up @ 6 months</li> <li>Reviewed April 2014</li> </ul>	
	NONE NONE NONE C-sp, elbow, wrist, hand (gripping) ER/GUNSLINGER 0 Postural Awareness Postural Awareness • FOLLOW MD S • PT visits/week • Individual exer Any questions, pleas NORTHWOODS THER	NONEAS TOLERATED TO FULNONEPainfree with long axis tractionNONESLOW & GRADUAL to 30 deg.C-sp, elbow, wrist, hand (gripping)PAINFREE Shoulder + Scapular addedC-sp, elbow, wrist, hand (gripping)PAINFREE Shoulder + Scapular addedC-sp, elbow, wrist, hand (gripping)PAINFREE Shoulder + Scapular addedPostural AwarenessScapular control with exercisePostural AwarenessScapular control with exerciseIsometrics & gentle manual resistance progressing painfree•FOLLOW MD SPECIFIC INSTRUCTIONS. • PT visits/week may vary. • Individual exercise progression may va Any questions, please contact: NORTHWOODS THERAPY ASSOCIATES	NONE       AS TOLERATED TO FULL         NONE       Painfree with long axis traction       AS TOLERATED TO FULL         NONE       Painfree with long axis traction       AS TOLERATED TO FUL         NONE       SLOW & GRADUAL to 30 deg.       60 deg. No hurry. Usually returns indep.         C-sp, elbow, wrist, hand (gripping)       PAINFREE Shoulder + Scapular added       AS TOLERATED         ER/GUNSLINGER       WEAN       NO         0       2       2         Postural Awareness       Scapular control with exercise       Manual resistance side-lying         Elevation AROM only & emphasis on control & scapulohumeral rhythm       When painfree 30 reps AROM & good control light weight isotonics         Isometrics & gentle manual resistance progressing painfree       Protected range as tolerated, painfree         •       FOLLOW MD SPECIFIC INSTRUCTIONS.       MD may modify protocod of PT visits/week may vary.         •       Individual exercise progression may vary.       Any questions, please contact:         NORTHWOODS THERAPY ASSOCIATES       Varian and state of the state of	NONE       AS TOLERATED TO FULL         NONE       Painfree with long axis traction       AS TOLERATED TO FULL         NONE       SLOW & GRADUAL to 30 deg.       60 deg. No hurry. Usually returns indep.       Painfree behind the back with good posture         C-sp, elbow, wrist, hand (gripping)       PAINFREE Shoulder + Scapular added       AS TOLERATED       Painfree behind the back with good posture         C-sp, elbow, wrist, hand (gripping)       PAINFREE Shoulder + Scapular added       AS TOLERATED       AS TOLERATED         PROVE       VEAN       NO       VIENT       VIENT         0       2       2       2-3         0       2       2       2-3         0       2       2       2-3         Postural Awareness       Scapular control with exercise       Manual resistance side-lying       Open kinetic chain with tubing         Postural Awareness       Scapulonumeral rhythm       AROM & good control-light weight isotonics       Progress isotonics as tolerated below chest level         Isometrics & gentle manual resistance progressing painfree       Protected range as tolerated, elbow below chest level       Painfree as tolerated, elbow below chest level         Isometrics in neutral, painfree       Isometrics in neutral, painfree       Phinfree as tolerated, elbow below chest level         Isometrics week may vary.       * Li	NONE       AS TOLERATED TO FULL         NONE       Painfree with long axis traction       AS TOLERATED TO FULL         NONE       Painfree with long axis traction       AS TOLERATED TO FULL         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         C-sp, elbow, wrist, hand (gripping)       PAINFREE Shoulder + Scapular added       AS TOLERATED       Painfree behind the back with good posture       IR (painfree) to full per MD goals         0       2       2       2-3       1-3         0       2       2       2-3       1-3         0       2       2       2-3       1-3         0       2       2       3       1-3         0       2       2       1-3       3         0       2       2       1-3       3         0       2       2       1-3       3         10       UBE       Postural Awareness       Scapular control with emphasis on controls side-lying       When painfree 30 reps AROM & good control- ight weight isotonics- level       Painfree as tolerated, elbow below chest level       Light weight above shoulder level elvel advancing as able all motions         1 isometrics & gentle manual resistance progressing p