

## 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
<b>PASSIVE-AAROM External Rot.</b>	NONE	AS TOLERATED TO FULL				FULL ALL PLANES (IR per MD goals)
<b>PASSIVE-AAROM Elevation</b>	NONE	Painfree with long axis traction	AS TOLERATED TO FULL			
<b>PASSIVE-AAROM Internal Rot.</b>	NONE	<b>SLOW &amp; GRADUAL</b> to 30 deg.	60 deg. <b>No hurry.</b> <b>Usually returns indep.</b>	<b>Painfree</b> behind the back with good posture	IR ( <b>painfree</b> ) to full per MD goals	
<b>AROM</b>	C-sp, elbow, wrist, hand (gripping)	<b>PAINFREE</b> Shoulder + Scapular added	AS TOLERATED			
<b>IMMOB/SLING</b>	ER/GUNSLINGER	WEAN	NO			
<b>PT VISITS/WEEK</b>	0	2	2	2-3	1-3	1-3
<b>EXERCISES</b>				<b>UBE</b>		
<b>SCAPULAR</b>	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
<b>GH Elevation</b>		Elevation AROM only & emphasis on control & scapulohumeral rhythm	When <b>painfree</b> 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"> <li>Adv. to overhead lifting/traction (lats, throwers position, etc.)</li> <li>Initiate return to work/sport program *</li> <li>Adv. strengthening incl. plyometrics</li> <li>Bench press and push-up @ 6 months</li> </ul>
<b>GH External Rot.</b>		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	
<b>GH Internal Rot.</b>			Isometrics in neutral, painfree			
<b>NOTES:</b> Reference: Kim et al, JBJS 2003 Bottoni et al, AJSM 2005	<ul style="list-style-type: none"> <li><b>FOLLOW MD SPECIFIC INSTRUCTIONS.</b> MD may modify protocol specifics.</li> <li>PT visits/week may vary.</li> <li>Individual exercise progression may vary.</li> </ul> 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

