POST-OPERATIVE CAPSULORRAPHY / REVERSE BANKART
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 14

- Sling with external rotation brace x 6 weeks – Even while sleeping
  - Maintain shoulder in neutral rotation, not IR
  - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack

GOALS

- Pain control
- Protection

WEEKS 2 – 4

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Resisted elbow / wrist exercises (light dumbbell)
- Active assisted motion (AAROM) supine with wand
  - Flexion to 90 degrees
  - Abduction to 60 degrees
  - ER to 45-60 degrees
  - NO IR x 6 weeks
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

GOAL

- AAROM Flexion to 90 degrees, Abduction 60 degrees
WEEKS 4 – 6

• Continue sling x 6 weeks
• Continue appropriate previous exercises
• Submaximal isometrics x 6 (pain-free)
• AAROM supine with wand
  – Flexion to 140 degrees
  – Abduction to 90 degrees
  – ER to 60+ degrees
  – NO IR
• Treadmill – Walking progression program

GOAL
• AAROM Flexion to 140 degrees, Abduction to 90 degrees

WEEKS 6 – 9

• D/C Sling Continue appropriate previous exercises
• AAROM (wand, wall climb, pulleys, doorway stretch) through full range
• AROM through full range
• Rotator cuff strengthening with light Theraband
  – ER and IR with arm at side and pillow or towel roll under arm
  – Flexion to 60 degrees
  – Abduction to 60 degrees
  – Scaption to 60 degrees
  – Extension to 30 degrees
• Prone scapular retraction exercises without weight
• Standing rows with Theraband
• Push-up plus against wall (no elbow flexion > 90 degrees)
• Body Blade
• Ball on wall (arcs, alphabet)
• UBE – Forwards and backwards at low resistance
• Elliptical trainer
• Stairmaster
• Pool walking / running – No UE resistive exercises

GOALS
• Full AROM
• 30 wall push-ups

WEEKS 9 – 12
• Continue appropriate previous exercises with increased resistance as tolerated
• PROM / mobilization as needed to regain full ROM
• Seated row with light resistance
• Prone scapular retraction exercises with light weight
• BAPS on hands
• Ball toss with arm at side
• Push-up progression – Wall to table (no elbow flexion > 90 degrees)
• Treadmill – Running progression program

GOALS
• Normal rotator cuff strength
• 30 table push-ups

MONTHS 3 – 4
• Continue appropriate previous exercises
• Fitter on hands
• Ball toss overhead
• Push-up progression – Table to chair (no elbow flexion > 90 degrees)
• Weight training with light resistance
  – No elbow flexion > 90 degrees with bench, dips, etc.

GOALS
• Run 2 miles at easy pace
• 30 chair push-ups

MONTHS 4 – 6
• Continue appropriate previous exercises
• Push-ups, regular – No elbow flexion > 90 degrees
• Sit-ups
• Swimming
• Running progression to track
• Progressive weight training – No elbow flexion > 90 degrees
• Transition to home / gym program
GOAL

• Resume all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze

Elbow active range of motion

Pendulum

Shoulder Shrugs

Ice x 10-15min 2-3 x per day