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POSTERIOR LABRAL REPAIR/ REVERSE BANKART

General Guidelines

- Sling for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- Return to sports 6 months

Post-op Days 1 – 14

Goals: Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

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

Weeks 2 – 6

Goals: AAROM to 120 degrees

Therapy:

Continue sling x 6 wks

Continue appropriate previous exercises

Full pendulum exercises

Resisted elbow / wrist exercises (light dumbbell)

Active assisted motion (AAROM) supine with wand

- Flexion to 120 degrees
- Abduction to 90 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)

Weeks 6 – 9

Goals: Full AROM, 30 wall push-ups

Therapy:

D/C sling

Continue appropriate previous exercises

AAROM (pulleys, wall climbs, doorway stretches) through full range

AROM through full range as tolerated

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

Standing rows with Theraband

Prone scapular retraction exercises (with light weight)

Ball on wall (arcs, alphabet)

BAPS on hands

Push-up progression – Wall to table (no elbow flexion > 90 degrees) Body Blade

UBE forwards and backwards at low resistance

Elliptical trainer

Stairmaster

Pool walking / running – No UE resistive exercises

Weeks 9 – 12

Goals: Regain full cuff strength, 30 table push ups

Therapy:

Continue appropriate previous exercises with increased resistance as tolerated

PROM / mobilization as needed to regain full ROM

Push-up progression – Table to chair (no elbow flexion > 90 degrees)

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool walking / running – With UE resistance (no swimming)

Months 3 - 4

Goals: 30 regular pushups, Run 2 miles at own pace

Therapy:

Continue appropriate previous exercises

Fitter on hands

Ball toss overhead

Push-ups, regular – No elbow flexion > 90 degrees

Weight training with light resistance

– No overhead press or pull downs behind head

– No elbow flexion > 90 degrees with bench, dips, etc. Pool therapy

Months 4 - 6

Goals: Resume all activities

Therapy:

Continue appropriate previous exercises

Push-ups, regular

Sit-ups

Swimming

Running progression to track

Progressive weight training program

Transition to home / gym program

Shoulder Post Op Phase 1

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



Grip Squeeze



Pendulum



Shoulder Shrugs

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

