



**Physical Therapy Reverse Bankart Repair  
Post-Operative Therapy Plan**

**Date of Surgery:** \_\_\_\_\_

**Surgeon:** \_\_\_\_\_

**Date of Injury:** \_\_\_\_\_

**Additional Considerations/Precautions (tissue quality, anchor type, etc):** \_\_\_\_\_  
\_\_\_\_\_

**Sling: 6 weeks. Remove for showering/dressing and PT exercises. May begin weaning sling at home at 4 weeks, but to continue use during activity outside the house and sleeping.**

**Next Follow Up with MD/PA:** \_\_\_\_\_

## Reverse Bankart Repair

**Precautions:** Avoid flexion, horizontal adduction and IR (hand behind back) x 8 wks  
If biceps tenodesis - Hold biceps with resistance x 8 wks

*Ideally patients should achieve the following milestones before advancing to the next stage.*

	<b>Intervention</b>	<b>Milestones</b>
Week 0-6 _____	Control pain and inflammation. Protect surgical repair/Ensure wound healing. Progressive, non-forceful PROM of shoulder. AROM of elbow/wrist/hand. Postural education/Scapular retraction exercises. Begin Isometrics in sling. Initiate limited AAROM to 90° for scaption.(Wk 4) Rhythmic stabilization exercises. (Wk 4)	Good pain management Full ROM elbow/wrist/hand Shoulder PROM progressing without stiffness Scaption 120° ER (scapular plane) 45° IR (scapular plane) 30° (6 wk goals)
Weeks 7-8 _____	Continue PROM, but continuing to protect flexion, IR, and horizontal adduction. Continue AAROM and gradual progression of ROM in all other planes. Initiate AROM to 90° for scaption. Continue isometrics out of sling.	Full shoulder PROM for abduction and ER
Week 9-12 _____	Advance AROM to include flexion, IR, and horizontal adduction.. Initiate PREs within AROM limitations. Initiate light closed chain exercises with progression throughout phase. Initiate plyometric exercises.	AROM progressing to full - IR behind back to waist
Week 13-16 _____	Progress PREs→resistance→90/90 Continue scapular exercises. Progress closed chain exercises to full weight bearing. Begin push up progression. (DO NOT cross midline). Progress plyometric exercises →Single arm Begin PNF patterns. Begin Overhead strengthening. Initiate gym program: 3-4x/wk - Always see back of hand - Low weight/high reps to begin	Strength progressing without pain Maintain full ROM - Overhead within 5° of opposite side - IR within 15° of opposite side at 90/90 4/5 strength or greater
Week 16+ _____	Continue plyometric exercises. Sport specific activity - Begin return to throwing/swimming regimen <b>per physician direction</b> (~5 mos) Regular gym attendance (nothing behind the neck, always see back of hand)	5/5 strength Progress to all normal activities as tolerated Pass appropriate selected functional return to sport tests Return to sport

This therapy plan provides a synopsis of guidelines for recovering from surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.

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