



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



## POSTERIOR CAPSULORRAPHY/ REVERSE BANKART

*Revised August 2008*

### **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  
*Continued on following page*

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

**Goals**

Resume all activities  
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***

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Chief, Physical Therapy

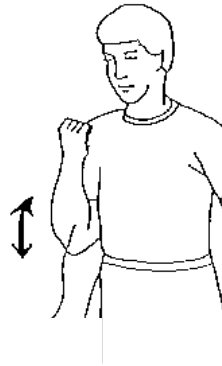
MICHAEL S. MACHEN  
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Chief, Orthopedics

**Physical Therapy Clinic**  
**William Beaumont Army Medical Center**  
El Paso, TX 79920  
**Shoulder Post Op Phase 1**  
Perform exercises below frequently: 30 reps 3-5x a day

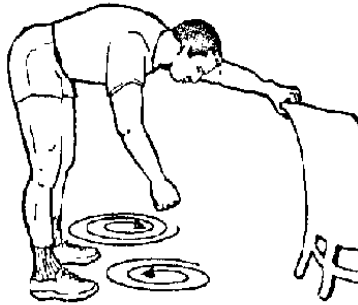
Grip Squeeze



Elbow active range of motion



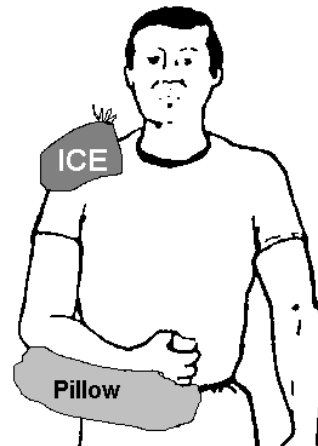
Pendulum



Shoulder Shrugs



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



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848