


 REHABILITATION GUIDELINES
 ARTHROSCOPIC REVERSE BANKART REPAIR (POST LABRAL REPAIR)

GENERAL PRECAUTION: NO AGGRESSIVE POSTERIOR CAPSULE STRETCHING UNTIL AT LEAST 3 MONTHS POST-OP

0-4 WEEKS POST-OP

DOS:

- Therapist assisted Passive range of motion (PROM) OK, after 2 weeks, but not mobilization
- Immobilize full time except pendulums and stick assisted external rotation (ER) to 30°
- Scapular isometrics
- Active elbow, wrist and hand range of motion (ROM)

2ND MONTH POST-OP

DATE:

- Wean from sling
- Isometric rotator cuff strength in mid range
- Active assisted motion and gentle stretch to increase forward elevation and rotation to full
- Therabands at 6 weeks post op

3RD MONTH POST-OP

DATE:

- Aggressive terminal stretch to achieve full motion except terminal IR and cross chest adduction
- Progress through therabands and into light weights.

4TH MONTH POST-OP

DATE:

- Progress weight training with RESTRICTIONS as follows:
 - High rep/low resistance
 - NO narrow grip bench
 - Push-Ups Okay
 - Avoid uncontrolled force to forward flexed shoulder

RETURN TO ACTIVITIES

Computer Work	ASAP
Golf	3-4 Months
Physical Labor	4-6 Months
Overhead sports except pitching	6 Months
Contact Sports	6 Months
Pitching from Mound	6 Months

