**POSTERIOR CAPSULORRAPHY**
*(POSTERIOR ETAC / REVERSE BANKART)*

*Revised May 2005*

**Post-op Days 1 – 14**

- Sling with abductor pillow (large part anteriorly) 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 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)
- AAROM supine with wand
  - Flexion to 90 degrees
  - Abduction to 60 degrees
  - ER to 45-60 degrees
  - IR to 50% of opposite shoulder (with shoulder abducted to 45 degrees)
- 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
– IR to 80% of opposite shoulder (with shoulder abducted to 60 degrees)

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*