

# 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

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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***