

Post-operative Rehabilitation for the Repair of the Posterior Bankart Lesion

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Purpose: To describe the rehabilitative process for patients undergoing the surgical procedure to repair posterior shoulder instability with an associated posterior labral tear.

Description: A review of the six phase protocol that has evolved over the past 23 years of performing 153 posterior capsular-labral repairs by one surgeon at our institution, with evidence based criteria for certain precautions, as well as, progressions between phases.

Summary of Use: To be used as a guideline to assist surgeons, therapists and trainers when educating patients, for predicting prognosis, for establishing guidelines for exercise prescription and determining timelines for safe return to activities.

Importance: Posterior shoulder instability is a less frequent shoulder pathology than anterior instability. The complete understanding of post-operative precautions and realistic timelines for return to specific activities is less well known following this surgery.