

Posterior Bankart Repair (Posterior Labral Repair) Rehabilitation Protocol

Key Surgical Considerations

Posterior labral repairs require strict protection from posterior stress, horizontal adduction, internal rotation, and pushing/pressing motions. Progression should restore motion gradually while protecting the posterior capsulolabral complex. The sequence is protection → mobility → stabilization → strengthening → return to sport.

PHASE I — Protection & PROM (0–4 Weeks)

- Sling full time except during hygiene/therapy.
- PROM: FE 0–90° → 120° by week 4.
- ER at side: 0–30°.
- IR to abdomen only.
- NO horizontal adduction or pushing motions.

Goal: protect posterior labral repair and reduce pain.

PHASE II — AAROM → AROM (4–8 Weeks)

- Begin AAROM: wand, wall walks, pulleys (avoid cross-body).
- Gradual AROM: supine → incline → seated.
- No IR stretching and no lifting >2–3 lbs.

Goal: restore controlled, pain-free shoulder mobility.

PHASE III — Strengthening Phase (8–12 Weeks)

- Begin band ER/IR strengthening.
- Scapular stabilization: rows, prone Y/T/W, serratus punches.
- Proprioception: rhythmic stabilization, ball-on-wall drills.
- Avoid pressing, push-ups, and throwing positions (90/90).

Goal: build dynamic GH stability and posterior control.

PHASE IV — Advanced Strengthening & Functional Training (12–20 Weeks)

- Progressive resistance: bands → 2–5 lb dumbbells.
- Closed-chain: wall push-ups → incline push-ups.
- Controlled IR stretching.
- Begin light pressing at 16–20 weeks (floor press → incline).

Goal: prepare shoulder for return-to-sport progression.

PHASE V — Return to Sport / Work (20–28 Weeks)

- Overhead strengthening progression.
- Plyometrics: chest pass, wall throws.
- Throwers: interval throwing program.
- Contact athletes: controlled contact drills ≥24–26 weeks.

Goal: full, pain-free return to high-level activity.

Selected References

1. Bradley JP, et al. Posterior shoulder instability rehabilitation and outcomes. *Am J Sports Med.* 2. Millett PJ, et al. Arthroscopic posterior labral repair rehabilitation guidelines. *Arthroscopy.* 3. Andrews JR, et al. Rehabilitation for posterior shoulder instability: evidence-based. *J Orthop Sports Phys Ther.* 4. Provencher MT, et al. Outcomes after posterior labral repair and RTS timelines.

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