

## Arthroscopic Bankart Repair - Conservative Program

Name: \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. Alexander Strassman, DO DX: \_\_\_\_\_

	week/month	Week													
<b>Protection</b> <b>(PROM)</b>		1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>PROM Restrictions</b>	<b>DATE</b>														
	Depression	•	•	•	•	•	•								
FE:	Cervical ROM Exercises	•	•	•	•	•	•								
ER:	Elbow/Hand/Wrist ROM	•	•	•	•	•	•								
IR:	Pendulums			•	•	•	•								
ABD:	AAROM			•	•	•	•								
<b>Begin Full AROM:</b>	DVT's	•	•	•	•	•	•								
	<b>Passive ROM</b>														
<b>Sling</b>	External Rotation	30	30	30	30	•	•								
	Scaption	•	•	•	•	•	•								
	Abduction	•	•	•	•	•	•								
	Line	•	•	•	•	•	•								
	Internal Rotation	•	•	•	•	•	•								
<b>of Motion (AROM)</b>		1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>Active Assist ROM</b>															
<b>T.E.D. Hose</b> 2 weeks to prevent DVT	Internal & External Rotation					•	•	•	•						
	Scaption					•	•	•	•						
<b>Isometrics-Light</b>															
<b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Internal/External Rotation			•	•	•	•	•	•						
	Biceps/Triceps			•	•	•	•	•	•						
	<b>Active ROM</b>														
	Sidelying External Rotation						•	•	•	•	•				
	Scaption (lawn chair progression)						•	•	•	•	•				
	progression)						•	•	•	•	•				
	w/ ER						•	•	•	•	•				
	Prone Lower Traps to 60						•	•	•	•	•				
	Prone Extensions with ER						•	•	•	•	•				
	Open Chain Proprioception						•	•	•	•	•				
<b>Stretches</b>															
Door Jam Series								•	•	•	•				
Towel Internal Rotation							•	•	•	•	•				
Cross Arm Stretch							•	•	•	•	•				
Sleeper Stretch							•	•	•	•	•				
TV Watching Stretch							•	•	•	•	•				
Stretch															
<b>(ADL's)</b>		1	2	3	4	5	6	7	8	9	10	13	17	21	25
motion ok)						•	•	•	•	•	•	•	•	•	•
Dressing		Use Uninvolved Arm Only				•	•	•	•	•	•	•	•	•	•
Washing/Showering arm		Use Uninvolved Arm Only				•	•	•	•	•	•	•	•	•	•
Driving								•	•	•	•	•	•	•	•
Lifting up to 5 lbs.								•	•	•	•	•	•	•	•
Overhead Activity											•	•	•	•	•
Lifting greater than 5 lbs.											•	•	•	•	•

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC

**Week**

<b>Resistance</b>															
<b>Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation									•	•	•	•	•	•	
Internal Rotation									•	•	•	•	•	•	
Punches with a Plus									•	•	•	•	•	•	
Sport Cord Rows									•	•	•	•	•	•	
Prone Lower Trap									•	•	•	•	•	•	
Bicep Curls									•	•	•	•	•	•	
Triceps Extensions									•	•	•	•	•	•	
Initial Push-up Plus											•	•	•	•	
Initial Closed Chain Stability											•	•	•	•	
<b>Resistance</b>															
<b>Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45°										•	•	•	•	•	
Bear Hugs										•	•	•	•	•	
External Rotation at 90°										•	•	•	•	•	
Statue of Liberty										•	•	•	•	•	
Advanced Push-up Plus												•	•	•	
Stability												•	•	•	
PNF with Resistance												•	•	•	
Decelerations												•	•	•	
Plyometric External Rotation												•	•	•	
<b>in Gym and Return to Sports</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>															
Skiing													•	•	
Throwing Progression													•	•	
Sports (tennis, volleyball)														•	
(football, hockey, lacrosse)														•	
Swimming														•	

Protocol created by PJ Millett, MD and Howard Head  
Sports Medicine, Vail, CO

Therapist: \_\_\_\_\_