

Arthroscopic Bankart Repair - Moderate Program

Name: _____ DOS: _____
 Dr. Alexander Strassman, DO DX: _____

	week/month	Week														
Protection Passive range of motion (PROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions FE: _____ ER: _____ IR: _____ ABD: _____ Begin Full AROM: _____	DATE															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	AAROM			●	●	●	●									
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
	Passive ROM															
	External Rotation	30°	30°	30°	30°	●	●									
	Forward Elevation & Scaption	●	●	●	●	●	●									
Sling 4 weeks	Abduction	●	●	●	●	●	●									
	Internal Rotation to Belt Line	●	●	●	●	●	●									
	Internal Rotation	●	●	●	●	●	●									
	(AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
T.E.D. Hose 2 weeks to prevent DV	Active Assist ROM															
	Internal & External Rotation			30°	30°	●	●	●	●							
	Forward Elevation & Scaption			●	●	●	●	●	●							
	Isometrics-Light															
	Internal/External Rotation					●	●	●	●							
	Biceps/Triceps					●	●	●	●							
	Active ROM															
	Sidelying External Rotation					●	●	●	●	●	●					
	Forward Elevation & Scaption (lawn chair progression)					●	●	●	●	●	●					
	progression)					●	●	●	●	●	●					
Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	ER					●	●	●	●	●	●					
	Prone Lower Traps to 60					●	●	●	●	●	●					
	Prone Extensions with ER					●	●	●	●	●	●					
	Open Chain Proprioception					●	●	●	●	●	●					
	Stretches															
	Door Jam Series						●	●	●	●	●					
	Towel Internal Rotation						●	●	●	●	●					
	Cross Arm Stretch						●	●	●	●	●					
	Sleeper Stretch						●	●	●	●	●					
	TV Watching Stretch						●	●	●	●	●					
90/90 External Rotation Stretch																
(ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
(ADL's) (walking, stairs, etc. as tolerated)					●	●	●	●	●	●	●	●	●	●		
Dressing						●	●	●	●	●	●	●	●	●		
Washing/Showering						●	●	●	●	●	●	●	●	●		
Computer with supported arm		●	●	●	●	●	●	●	●	●	●	●	●	●		
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 HSMC for assistance in progressing as needed.

Week

Phase III: Initial Resistance Strengthening & Proprioception	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								•	•	•	•	•	•	•
Proprioception	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											•	•	•	•
Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing												•	•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (tennis, volleyball)												•	•	•
Contact Sports (football, hockey, lacrosse)												•	•	•
Swimming												•	•	•
										Therapist: _____				