



## Arthroscopic Bankart Repair-Moderate Program

Name: \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. Petre \_\_\_\_\_ DX: \_\_\_\_\_

! = Do exercise for that week/month

**Week**

	Phase I – Maximal Protection													
	Passive Range of Motion (PROM)													
	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>PROM Restrictions</b>														
<b>FE: 90 x 3 weeks</b>														
<b>ER: 30 x 5 weeks</b>														
<b>IR: full</b>														
<b>ABD: 60 x 3 weeks</b>														
<b>Begin Full AROM: 6 weeks</b>														
<b>Sling 6 weeks</b>														
<b>T.E.D. Hose 2 weeks to prevent DVT</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)														
	Phase II-Minimal Protection													
	Active Range of Motion (AROM)													
	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>Active Assist ROM</b>														
Internal & External Rotation			30	30	•	•	•	•						
Forward Elevation & Scaption			•	•	•	•	•	•						
<b>Isometrics-Light</b>														
Internal/External Rotation					•	•	•	•						
Biceps/Triceps					•	•	•	•						
<b>Active ROM</b>														
Sidelying External Rotation					•	•	•	•	•	•				
Forward Elevation & Scaption (lawn chair progression)					•	•	•	•	•	•				
Salutes (lawn chair progression)					•	•	•	•	•	•				
Prone Horizontal Abduction w/ ER					•	•	•	•	•	•				
Prone Lower Traps to 60					•	•	•	•	•	•				
Prone Extensions with ER					•	•	•	•	•	•				
Open Chain Proprioception					•	•	•	•	•	•				
<b>Low Load Prolonged Stretches</b>														
Door Jam Series							•	•	•	•	•			
Towel Internal Rotation							•	•	•	•	•			
Cross Arm Stretch							•	•	•	•	•			
Sleeper Stretch							•	•	•	•	•			
TV Watching Stretch							•	•	•	•	•			
90/90 External Rotation Stretch							•	•	•	•	•			
<b>Activities of Daily Living (ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Eating/Drinking (Elbow motion ok)					•	•	•	•	•	•	•	•	•	•
Dressing					•	•	•	•	•	•	•	•	•	•
Washing/Showering	Use Uninvolved Arm Only				•	•	•	•	•	•	•	•	•	•
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.

**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								•	•	•	•	•	•	•
Phase IV: Advanced Resistance Strengthening & 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											•	•	•	•
Advanced Closed Chain Stability											•	•	•	•
PNF with Resistance											•	•	•	•
Decelerations											•	•	•	•
Plyometric External Rotation											•	•	•	•
Phase IV: Weight Lifting in Gym and Return to Sports	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													•	•
Overhead and Serving Sports (tennis, volleyball)													•	•
Contact Sports (football, hockey, lacrosse)													•	•
Swimming													•	•

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO  
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