



Arthroscopic Bankart Repair-Conservative Program

Name: _____ DOS: _____
 Dr. Petre _____ DX: _____

! = Do exercise for that week/month

	Week														
	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions FE: 90 x 6 weeks ER: 30 x 6 weeks IR: full ABD: 60 x 6 weeks Begin Full AROM: 6 weeks Sling 6 weeks T.E.D. Hose 2 weeks to prevent DVT Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Phase I – Maximal Protection														
	Passive Range of Motion (PROM)														
	DATE														
	Scapular Retraction-Depression	●	●	●	●	●	●								
	Cervical ROM Exercises	●	●	●	●	●	●								
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●								
	Pendulums			●	●	●	●								
	Aqua Therapy for Gentle AAROM			●	●	●	●								
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●								
	Passive ROM														
	External Rotation	30	30	30	30	●	●								
	Forward Elevation & Scaption	●	●	●	●	●	●								
	Abduction	●	●	●	●	●	●								
	Internal Rotation to Belt Line	●	●	●	●	●	●								
	Internal Rotation	●	●	●	●	●	●								
Phase II-Minimal Protection															
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Active Assist ROM															
Internal & External Rotation					●	●	●	●							
Forward Elevation & Scaption					●	●	●	●							
Isometrics-Light															
Internal/External Rotation			●	●	●	●	●	●							
Biceps/Triceps			●	●	●	●	●	●							
Active ROM															
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						●	●	●	●	●					
Low Load Prolonged Stretches															
Door Jam Series							●	●	●	●					
Towel Internal Rotation							●	●	●	●					
Cross Arm Stretch							●	●	●	●					
Sleeper Stretch							●	●	●	●					
TV Watching Stretch							●	●	●	●					
90/90 External Rotation Stretch							●	●	●	●					
Activities of Daily Living (ADL's)	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
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														●

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
Benjamin M Petre, MD | 2000 Medical Parkway, Annapolis, MD 21401 | 410.280.4717 | http://drpetre.com