

	↓ Week										↓ Month				
	1	2	3	4	5	6	7	8	10	3	4	5			
Passive Motion															
Pendulums	●	●	●	●											
Flexion (to 60 degrees)	●	●													
Flexion to 90 degrees			●	●											
Elevation in scapular plane to 60 degrees	●	●													
Abduction to 75-85 degrees			●	●											
ER at 20 abduction: 5-10 degrees	●	●													
ER in scapular plane to 15-20 degrees			●	●											
IR at 20 abduction: 45 degrees	●	●													
IR in scapular plane to 55-60 degrees			●	●											
Active Motion															
Note: Rate of progression based on evaluation of the patient															
Flexion to 135-140 degrees					●	●									
Flexion to 160 degrees							●	●							
ER at 45 abduction: 25-30 degrees					●	●									
ER at 90 abduction: 70-75 degrees							●	●							
IR at 45 abduction: 55-60 degrees					●	●									
IR at 90 abduction: 70-75 degrees							●	●							
Gradually restore Full ROM									●	●	●	●			
Hand and Elbow Motion / Gripping	●	●	●												
Strengthening Exercises															
Submaximal Isometrics	●	●													
Rhythmic stabilization: PNF			●	●	●	●	●	●	●	●	●	●			
With Sports Cord															
External Rotation (to neutral)					●	●	●	●	●	●	●	●			
Internal Rotation					●	●	●	●	●	●	●	●			
Forward Punches							●	●	●	●	●	●			
Seated Rows							●	●	●	●	●	●			
Shoulder Shrugs							●	●	●	●	●	●			
Bear Hugs							●	●	●	●	●	●			
Bicep Curls							●	●	●	●	●	●			
Overhead vs. Non-overhead athletes															
Progress ER past 90 degrees										●	●	●			
Nonoverhead athletes: Maintain 90 ER										●	●	●			
Begin Thrower's Ten Program										●	●	●			
Neuromuscular Control Drills										●	●	●			
Weights															
Deltoid, Supraspinatus, Biceps, Scapulae					●	●	●	●	●	●	●	●			
Upper Body Ergometer (90 abduction)					●	●	●	●	●						
Isotonic for entire shoulder complex							●	●	●	●	●	●			
Light Weight Machine Training										●	●	●			
Strength: 70-80% Contralateral side										●	●	●			
*No military press, pulldown behind head or wide grip bench															
Return to high level activities															
Golf (Slow progress over 4-6 weeks)										●	●	●			
Tennis (No overhead)										●	●	●			
Football										●	●	●			
Baseball/softball										●	●	●			

PHYSICAL REHABILITATION PROTOCOLS
BANKART REPAIR (Arthroscopic Anterior Stabilization)



● = Do exercise for that week/month

TREATMENT PHASES:

Phase 1: Immediate Postop "Restrictive Motion" Phase (Week 0-6)
Protect the anatomic repair / Decrease Pain and Inflammation
Prevent (-) effects of Immobilization
PT follow -up each week
Sling for 2 w k
Sleep in immobilizer for 2 - 4 w ks
Cryotherapy, modalities as indicated
Wk: 0-4: No Active ER or Extension or Abduction or Elevation
Wk: 0-4: Passive and Gentle Active-Assisted ROM exercises
Wk: 5-6: Begin Active ROM exercises
Wk: 5-6 Initiate sport cord exercises
Phase 2: Moderate Protection Phase (Week 7-14)
Gradually restore full ROM (w k 10)
Restore muscular strength/balance
PT follow -up every 2-3 w eeks
Wk 7-9: Gradually progress ROM
Wk 10-14: Full ROM
Wk 10-14: Gradually progress isotonic strengthening
Phase 3: Minimal Protection Phase (Month 4-9)
Establish / Maintain full ROM
Improve Muscular Strength / Power / Endurance
Gradually initiate functional activities
Mo 4-5: Full painfree ROM
Mo 4-5: Initiate light plyometric program / light swimming
Mo 4-5: Throwing program / Half golf swings
Mo: 6-7: Muscular strength 75-80% of contralateral side
Mo: 6-7: Progress interval sport programs
Mo 6-9: Gradual Return to Sport Activities