

Rehabilitation Protocol

Dr. Sara Edwards

ARTHROSCOPIC BANKART

**Sling for 4 weeks; Avoid the “throwing position” for 3 months*



PHASE 1 (Passive)

- Pendulums to warm-up
- Passive Range of Motion
- No Internal Rotation

WEEKS 1-3

- Supine External Rotation-0 degrees
- Supine Forward Elevation- 90 degrees
- No Internal Rotation

WEEK 4

- Supine External Rotation- 30 degrees
- Supine Forward Elevation- Full
- Internal Rotation to belt line

PHASE 2 (Active)

WEEKS 5-6

- Pendulums to warm-up
- Active Range of Motion with Passive Stretch to prescribed limits
- Supine-Seated External Rotation- gradually increase to full by 12 weeks. No terminal stretching
- Supine-Seated Forward Elevation- Full
- Internal Rotation-Full

PHASE 3 (Resisted)

WEEK 7

- Pendulums to warm up and continue with Phase 2
- External and Internal Rotation/ Standing forward punch
- Seated rows
- Shoulder Shrugs
- Bicep Curls
- Bear Hugs

WEIGHT TRAINING

WEEK 12

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No Military press, pull downs behind head, or narrow-grip bench)
- Avoid anterior capsular stress

Return to Activities

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| Computer | 4 Weeks |
| Golf (chip & putt) | 8 Weeks |
| Tennis (no overhead) | 12 Weeks |
| Contact Sports | 4 Months |