



Aaron M. Baessler, MD
 14300 E 138th Street
 Fishers, IN 46037
 Phone: 800-622-6575
 Fax: 765-648-6913



Arthroscopic Bankart Repair PT Protocol

X=Perform exercise,
 ()=motion limit

Week

Range of Motion (ROM)	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
PROM: - Starts at week 0 AAROM: - Starts at week 3 AROM: - Starts at week 7	Early Therapy														
	Pendulums	X	X	X	X	X	X								
	Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
	Ball Squeeze	X	X	X	X	X	X								
	Scapular Retraction/Depression	X	X	X	X	X	X								
	Ankle Pumps	X	X	X	X	X	X								
Strengthening - Starts at week 10	Passive Range of Motion (PROM)														
	Forward Elevation		(90°)	(130°)	(160°)			X	X	X	X	X	X	X	X
	External Rotation (Scapular Plane)			(30°)	(45°)			X	X	X	X	X	X	X	X
	Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
	External Rotation (90° abduction)							(90°)	X	X	X	X	X	X	X
	Internal Rotation (90° abduction)							(85°)	X	X	X	X	X	X	X
Sling Use (while not in PT) - Full-time: weeks 0-4 - Discontinue sling: after week 4	Active Assist Motion (AAROM)														
	Forward Elevation			X	X	X	X	X	X	X	X	X	X	X	X
	External Rotation (Scapular Plane)					X	X	X	X	X	X	X	X	X	X
	Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Forward Elevation							X	X	X	X	X	X	X	X
Goals - Full PROM by 6-7 weeks - Full AROM by 10 weeks - Full strength / return to normal activity at 24 weeks	Active Range of Motion (AROM)														
	External Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
	Internal Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
	Abduction (when full elevation obtained)							X	X	X	X	X	X	X	X
	Isotonic Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Prone Rows to Neutral										X	X	X	X	X
If Remplissage was performed Delay motion and strengthening by 2 weeks	Isotonic Strengthening														
	Prone Horizontal Abduction										X	X	X	X	X
	Forward Elevation to 90 degrees										X	X	X	X	X
	Prone Extension										X	X	X	X	X



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General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Lat Pulldown / Rows (narrow grip)											X	X	X	X
Narrow Dumbbell Chest Press											X	X	X	X
Bicep Curl/Triceps Extension											X	X	X	X
Close Chain Stabilization											X	X	X	X
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming														X
Overhead / Serving Sports														X
Contact Sports														X
Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking							X	X	X	X	X	X	X	X
Hygiene							X	X	X	X	X	X	X	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity								X	X	X	X	X	X	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X