

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Arthroscopic Bankart Repair

Phase 1 – Passive

Week 1-3:

- *Pendulums to warm up*
- Supine to start and progress as tolerated
- Supine External Rotation – 0 deg
- Supine Forward Elevation – 90 deg
- No Internal Rotation

Week 4-5:

- External Rotation – 30 deg
- Forward Elevation – Full
- Start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)

Phase 2 – Active

Week 6-7:

- *Pendulums to warm-up*
- *Active Range of Motion with passive stretch to prescribed*
- Supine to start -> Seated Forward Elevation – progress to full
- Supine -> Seated External Rotation (gradually increase to full by week 12)
- Internal Rotation – Full

Phase 3 – Resisted

Week 8-9:

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation – standing forward punch
- Week 8 Seated rows/shoulder shrugs
- Bear Hugs
- Continue ER progression to full by 12 weeks

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Week 10: Weight Training

- Avoid anterior capsular stress.
- Week 10 Keep hands in eyesight, not behind head, keep elbows bent, no long lever arms.
- Minimize overhead activities.
- No military press, pull-down behind head, or wide grip bench
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks
- Begin sports related rehab at 3 months, including advanced conditioning
 - Throwing Program to begin at 4 months

Return to Activity

Computer	Early weeks
Golf	12 weeks (chip and putt only)
Tennis	16 weeks (no overhead)
Throwing Intervals	16 weeks
Contact Sports	6 months

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