Aaron M. Baessler, MD Orthopaedic Surgery Sports Medicine, Shoulder and Elbow Surgery

Central Indiana Orthopedics 14300 E 138th St Building B Fishers, IN 46037

Arthroscopic Bankart Repair PT Protocol X=Perform exercise, ()=motion limit Week

Range of	Early Therapy	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Motion (ROM)	Pendulums	Х	Х	Х	Х	Х	Х								
DDOM	Cervical, Elbow, Wrist, Finger ROM	Х	Х	Х	Х	Х	Х								
PROM: - Starts at week 0	Ball Squeeze	Х	Х	Х	Х	Х	Х								
AAROM: - Starts at week 3	Scapular Retraction/Depression	Х	Х	Х	Х	Х	Х								
AROM:	Ankle Pumps	Х	Х	Х	Х	Х	Х								
- Starts at week 7	Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Forward Elevation	(9	0°)	°) (130°)		(16	50°)	Х	Х	Х	Х	Х	Х	Х	Х
Strengthening	External Rotation (Scapular Plane)			(3	0°)	(4	5°)	Х	Х	Х	Х	Х	Х	Х	Х
- Starts at week	Internal Rotation (Scapular Plane)							Х	Х	Х	Х	Х	Х	Х	Х
10	External Rotation (90° abduction)							(90)°)	Х	Х	Х	Х	Х	Х
.	Internal Rotation (90° abduction)							(8	, 5°)	Х	Х	Х	Х	Х	Х
Sling Use (while not in PT)	Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Forward Elevation			Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
- Full-time: weeks 0-4	External Rotation (Scapular Plane)					Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
- Discontinue	Internal Rotation (Scapular Plane)							Х	Х	Х	Х	Х	Х	Х	Х
sling: after week 4	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Forward Elevation							Х	Х	Х	Х	Х	Х	Х	Х
Goals	External Rotation (Scapular Plane)							Х	Х	Х	Х	Х	Х	Х	Х
	Internal Rotation (Scapular Plane)							Х	Х	Х	Х	Х	Х	Х	Х
 Full PROM by 6-7 weeks 	Abduction (when full elevation obtained)							Х	Х	Х	Х	Х	Х	Х	Х
- Full AROM by 10 weeks	Isotonic Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
- Full strength /	Prone Rows to Neutral										Х	Х	Х	Х	Х
return to normal activity at 24	Prone Horizontal Abduction										Х	Х	Х	Х	Х
weeks	Forward Elevation to 90 degrees										Х	Х	Х	Х	Х
	Prone Extension										Х	Х	Х	Х	Х
If Remplissage was	General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
performed	Lat Pulldown / Rows (narrow grip)											Х	Х	Х	Х
F	Narrow Dumbbell Chest Press											Х	Х	Х	Х
Delay motion	Bicep Curl/Triceps Extension											Х	Х	Х	Х
and	Close Chain Stabilization											Х	Х	Х	Х
strengthening by 2 weeks	Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
,	Swimming														Х
	Overhead / Serving Sports	1													Х
	Contact Sports	1					1								Х

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Activities of Daily Living w/ Arm		2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking							Х	Х	Х	Х	Х	Х	Х	Х
Hygeine							Х	Х	Х	Х	Х	Х	Х	Х
			Х	Х	V	Y	X	Х	Y	Y	Х	V	V	
Driving			~	Λ	Х	~		Λ				~	Х	Х
Overhead Activity			^	^	^	^	~	X	X	X	X	X	X X	X X