

Dr. John Drawbert

ARTHROSCOPIC BANKART LESION REPAIR REHAB PROTOCOL

Patient_____

Chippewa Valley Orthopedics & Sports Medicine
1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
Altoona, WI 54720 Chippewa Falls, WI 54729

D.O.S._____

	WEEK 1-3 BEGINS DOS	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9-12	MONTH 4
PASSIVE ER loose pack position	5°	10°	20°	30°	40°	50°	Increase 10° /wk until FULL	
ACTIVE/AAROM ER	none	0°	0°	10°	20°	30°	40°	Increase 10° /wk until FULL
PASSIVE FLEXION	60°	90°	Increase as tolerated					FULL
ACTIVE/AA FLEXION	none	60° AA to A as tolerated	Increase as tolerated					FULL
IMMOB/SLING	Yes	Yes	Wean as tolerated					
PT visits/wk	1-2	2-3	2-3	2-3	2-3	2-3	2-3	2 → 1
EXERCISES	AROM (cervical, wrist, elbow, hand)	PROM of shoulder progressing to AAROM						ADVANCED PRE PNF, overhead
	PENDULUMS-gentle dangle, then initiate ROM and increase movement after week 2						ADVANCED SCAPULAR STABILIZATION Pushup+, Press-up, reverse corner press Sidelying shoulder, reach & roll-full motion	
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls,WI (715) 723-5060 Reviewed September 2015	JOINT MOBS (grade I & II)		Progress to active					
	AROM FLEX/ER (swiss ball, wand, seated, pulleys)							
	SCAP MOBS/STAB (swiss ball, reach & roll to chest, retraction/depression, serratus, prone, CKC)							
	ISOMETRICS (ER, FLEX,EXT,ABD)							
	UBE							
Follow specific MD instructions. Individual progression may vary. At 4-6 months initiate return to advance level tasks and repetitive overhead activity.						PRE's below shoulder height, with improved scapular control move to overhead movement Tubing, dumbbells	PLYOMETRICS	
						SEATED ROW		