



Arthroscopic Bankart Repair PT Protocol

X=Perform exercise, ()=motion limit

Week

Range of Motion (ROM)	Early Therapy		1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Pendulums	X	X	X	X	X	X	X	X							
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X	X	X								
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Forward Elevation		(90°)		(130°)		(160°)	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)				(30°)		(45°)	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	X	X
External Rotation (90° abduction)								(90°)	X	X	X	X	X	X	X	X
Internal Rotation (90° abduction)								(85°)	X	X	X	X	X	X	X	X
Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Forward Elevation			X	X	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	X	X
Internal Rotation (Scapular Plane)							X	X	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	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	X	X
Abduction (when full elevation obtained)							X	X	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	X	X
Prone Horizontal Abduction										X	X	X	X	X	X	X
Forward Elevation to 90 degrees										X	X	X	X	X	X	X
Prone Extension										X	X	X	X	X	X	X
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	X	X
Narrow Dumbbell Chest Press											X	X	X	X	X	X
Bicep Curl/Triceps Extension											X	X	X	X	X	X
Close Chain Stabilization											X	X	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	X	X
Hygiene							X	X	X	X	X	X	X	X	X	X

PROM:
 - Starts at week 0
 AAROM:
 - Starts at week 3
 AROM:
 - Starts at week 7

Strengthening
 - Starts at week 10

Sling Use
 (while not in PT)
 - Full-time: weeks 0-4
 - Discontinue sling: after week 4

Goals
 - Full PROM by 6-7 weeks
 - Full AROM by 10 weeks
 - Full strength / return to normal activity at 24 weeks

If Remplissage was performed
 Delay motion and strengthening by 2 weeks

