

## Physical Therapy Prescription

### ANTERIOR SHOULDER BANKART REPAIR REHABILITATION PROTOCOL

TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<b>0-4 Weeks</b>	OK to use hand cautiously in front of body for functional tasks like typing (in sling).	Worn at all times except for hygiene and exercises.	Wrist, elbow, hand ROM. No shoulder range of motion.
<b>4-6 weeks</b>	Begin passive range of motion, active assisted ROM, and active ROM. Begin forward elevation to 90° and increase as tolerated. Begin external rotation at 0° and increase to 25°.	None	Wrist, elbow, & hand ROM. Scapular stabilization exercises.
<b>6-12 weeks</b>	Increase to full motion as tolerated	None	May begin gentle Thera band exercises. Progress as tolerated. OK to do light weights in front of body (i.e. bench type, not flies). Start throwing progression. At 3 months, no specific limitations. Return to light contact sports.
<b>4-6 months</b>	Full motion without discomfort	None	Begin sport specific drills. Return to previous level of activity.

**\*\*\*Begin Physical Therapy 4 weeks after surgery**

<p>Dane Todd, MD                  Questions please call: # 402-488-3322                  Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled):    Right      Left</p> <p>Physical therapy to evaluate and treat for post op Bankart repair.</p> <p>Notes: _____</p> <p>MD signature: _____</p>
---