

Physical Therapy Prescription

SHOULDER - POSTERIOR BANKART REPAIR REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-4 Weeks	None. Keep arm at side during hygiene (no overhead activities). Avoid internal rotation.	Worn at all times except for hygiene.	Wrist, elbow, & hand ROM. No Shoulder Range of Motion
5-6 weeks	OK to move arm in front of body for functional tasks like typing and eating. No stretching or strengthening. No cross body reaching, no behind the back reaching.	May discontinue the immobilizer but, continue to use sling while outside.	Wrist, elbow, & hand ROM. Scapular stabilization exercises.
6-12 weeks	Begin working on full motion except NO posterior capsule stretching/internal rotation stretching.	None	Begin rotator cuff strengthening. May begin throwing. At 3 months, may return to sport specific light drills. No posterior force loads (i.e. bench press, pushing motions, etc.).
4-6 months	Full ROM	None	No specific restrictions. Let discomfort be your guide. At 6 months, return to all sports as tolerated.

*****Begin Physical Therapy 5 weeks after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Posterior Bankart repair using the above protocol. 1-2x per week for 12 weeks.</p> <p>Notes: _____</p> <p>MD signature: _____</p>
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