

ARTHROSCOPIC BANKART REPAIR

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Patient_____

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 At modified neutral	0-10° supine	20°	30°	Increase 10° /week until within 10° of opposite side, no strenuous ER until 10 weeks post-operatively				
ACTIVE/ AAROM ER	none	0	0	10°	20°	30°	40°	Increase 10°/wk until FULL
PASSIVE FLEXION	Supine 0-70° as tolerated	90°	Increase as tolerated					FULL
ACTIVE/AA FLEXION	none	60°	Increase as tolerated					FULL
IMMOB/ SLING	yes	yes	Wean as tolerated					
PT visits/wk	0	2	2	2	2	2	2	→ 2 1
EXERCISES	AROM (cervical elbow,wrist,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 Side lying shoulder, reach & roll-full	
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-6060	JOINT MOBS (grade I & II)		AAROM FLEX/ER (swiss ball, wand, seated, pulleys) Progress to active					PLYOMETRICS As appropriate for functional tasks
	SCAP MOBS/STAB (swiss ball, reach & roll to chest, ret/dep, serratus, prone, CKC)							
	ISOMETRICS (ER, FLEX,EXT,ABD)		UBE					
	Follow specific MD instruction. Individual progression may vary. At 4-6 months initiate return to advance level tasks and repetitive overhead activity.							
December 2022						PRE'S below shoulder height, with improved scapular control move to overhead movement Tubing, dumbbells	SEATED ROW	