

OPEN BANKART LESION REPAIR REHAB PROTOCOL

Dr. Berschback

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A

Altoona, WI 54720

757 Lakeland Drive, Suite B

Chippewa Falls, WI 54729

Patient_____

DOS_____

	WEEK 1 BEGINS DOS	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9-12	
PASSIVE ER	0 degrees	0	0	10	20	30	40	↑ 10°/wk until FULL		
ACTIVE/ AAROM ER	-20 to -10 degrees	0	0	0	10	20	30	40	↑ 10°/wk until FULL	
PASSIVE FLEXION	90	Increase as tolerated							FULL	
ACTIVE/AA FLEXION	60	Increase as tolerated							FULL	
IMMOB/ SLING	yes	yes	yes	yes	wean	wean				
PT visits/wk	0	2-3	2-3	2-3	2-3	2-3	2-3	2-3	2-1	
EXERCISES	AROM (cervical, elbow, wrist, hand)	PROM shoulder	AAROM (shoulder) progress to controlled, painfree AROM							
		PENDULUMS							ADVANCED PRE PNF, prone, Overhead ADVANCED SCAP STABIL Pushup+, Press-up, Reverse Corner press Side lying shoulder, reach & roll PLYO- METRICS As needed for work and sport	
		JOINT MOBS (grade I & II)								
	NOTE: Flexion progressed as tolerated. PT visits/wk can vary. Individual exercise progression may vary.	AA FLEX/EXT (swiss ball, wand, seated, pulleys)								
		SCAP MOBS/STAB (swiss ball, reach & roll to chest, retraction/depression, serratus)								
		ISOMETRICS (ER, FLEX,EXT,ABD)								
FOLLOW MD's INSTRUCTIONS				UBE						
4-6 MONTHS initiate return to functional work/sport					PRE's below shoulder height					
ANY QUESTIONS? PLEASE CONTACT:					Tubing, dumbbells					
NORTHWOODS THERAPY ASSOCIATES					SEATED ROW					
Altoona, WI		Chippewa Falls, WI								
715-839-9266		715-723-5060								
October 2014										

