

ARTHROSCOPIC BANKHART REPAIR

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Chippewa Valley Orthopedics & Sports Medicine

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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	60°	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 through MONTH 4					ADVANCED PRE PNF, overhead		
		PENDULUMS through MONTH 4					ADVANCED SCAPULAR STABILIZATION		
Any questions, please contact : Northwoods Therapy Associates Eau Claire, WI (715) 839-9266 Chippewa Falls, WI (715) 723-6060		JOINT MOBS (grade I & II) through MONTH 4					Pushup+, Press-up, reverse corner press Side lying shoulder, reach & roll-full		
	NOTE: Flexion progressed as tolerated. PT visits/wk can vary. Individual exercise progression may vary.	AROM FLEX/ER (swiss ball, wand, seated, pulleys)							
		SCAP MOBS/STAB (swiss ball, reach & roll to chest, ret/dep, serratus, prone, CKC)							
		ISOMETRICS (ER, FLEX,EXT,ABD)							
		FOLLOW MD's INSTRUCTIONS				UBE	PRE's below shoulder height, with improved scapular control move to overhead movement		PLYOMETRICS As appropriate for functional tasks
	Tubing, dumbbells					SEATED ROW			
November 2010	**4-6 MONTHS initiate return to functional work/sport**								