

OPEN BANKART LESION REPAIR REHAB PROTOCOL

Dr. Brent Carlson

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	10	20	30	40	50	↑ 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	Wean as tolerated						
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 Tubing, dumbbells			
	ANY QUESTIONS? PLEASE CONTACT: NORTHWOODS THERAPY ASSOCIATES Altoona, WI 715-839-9266 September 2015					SEATED ROW			
	Chippewa Falls, WI 715-723-5060								

