

Arthroscopic Bankart Repair

Name: _____
Dr: Cinque

DOB: _____
DOS: _____

Passive ROM RESTRICTIONS

FE: full

ER: 30 x 3 wks
then 0-60 x 3
wks then
FROM

IR: full

ABD: full

Begin full
AROM

6 weeks

Sling
6 weeks

Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%

Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%

Progress to Power: 18+ wk + strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%.

Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCQUEST >21 / 15s