

## **Anterior Bankart Repair**

### **Sling for 8 weeks**

Avoid the "throwing position" for 3 months

#### **Phase I - (Passive)/Sect. F**

Pendulums to warm-up  
Passive range of motion

Week 1-3                      Supine external rotation- 0°  
                                    Supine forward elevation- 90°  
                                    No internal rotation

Week 4                        Supine external rotation- 30°  
                                    Supine forward elevation- full  
                                    Internal rotation to belt line

#### **Phase II - (Active)/Sect. G**

Pendulums to warm-up  
Active range of motion with passive stretch to prescribed limits

Weeks 4-5                    Supine- seated external rotation- gradually increase to full by 12 weeks  
                                    No terminal stretching with ER  
                                    Supine- seated forward elevation- full  
                                    Internal rotation- full

#### **Phase III - (Resisted)/Sect. H**

Pendulums to warm up and continue with Phase II

Week 6                        External and internal rotation / standing forward punch  
                                    Seated rows / shoulder shrugs  
                                    Biceps curls / bear hugs

### **Weight Training**

Week 12                      Avoid anterior capsular stress  
                                    Keep hands within eyesight, keep elbows bent  
                                    Minimize overhead activities  
                                    (No military press, pull down behind head, or wide grip bench)

**Please See Reverse Side for Continuation**

## **Return to Activities**

Computer	After 4 weeks
Golf	8 weeks (chip & put only)
Tennis	12 weeks (no overhead)
Contact sports	4 months