



ColumbiaDoctors

Rehabilitation prescription for:

622 W 168th Street, PH-11 Center phone: 212-305-3934
New York, NY 10032 fax: 212-305-4040
columbiaortho.org

label

Dr. Redler's Bankart Repair Rehabilitation Protocol

Diagnosis:

Procedure date:

S/P: Arthroscopic Anterior Stabilization

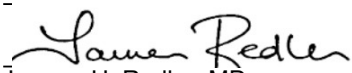
Eval & Treat: 2x/week x 12 weeks

	WEEK										MONTH			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
PHASE 1 EXERCISES PROM														
Pendulums	•	•	•	•	•	•	•	•						
Forward Elevation 0 to 90			•	•	•	•	•	•	•		•	•	•	•
Full Forward Elevation						•	•	•	•		•	•	•	•
Abduction 0-60			•	•	•	•	•	•	•		•	•	•	•
Abduction 0-90						•	•	•	•		•	•	•	•
External Rotation 0 to 30						•	•	•						
External Rotation 0 to 45									•	•				
Full External Rotation											•	•	•	•
Full Internal Rotation			•	•	•	•	•	•	•		•	•	•	•
PHASE 2 EXERCISES AROM														
Pendulums	•	•	•	•	•	•	•	•						
Full Forward Elevation						•	•	•	•		•	•	•	•
Abduction 0-60			•	•	•	•	•	•	•		•	•	•	•
Abduction 0-90						•	•	•	•		•	•	•	•
External Rotation 0 to 30						•	•	•						
External Rotation 0 to 45									•	•				
Full External Rotation											•	•	•	•
Full Internal Rotation			•	•	•	•	•	•	•		•	•	•	•
PHASE 3 STRENGTHENING EXERCISES														
External Rotation						•	•	•	•		•	•	•	•
Internal Rotation						•	•	•	•		•	•	•	•
Forward Punch						•	•	•	•		•	•	•	•
Seated Rows						•	•	•	•		•	•	•	•
Shrugs						•	•	•	•		•	•	•	•
Curls						•	•	•	•		•	•	•	•
PHASE 4 RETURN TO HIGH LEVEL ACTIVITIES														
Golf												•	•	•
Tennis												•	•	•
Football/Lacrosse/Hockey													•	•
Baseball/softball												•	•	•

*Keep hands within eyesight, minimize overhead movements *No military press, pulldowns behind neck or wide grip bench

*Sling x 4 weeks at all times (except for PT exercises), including sleep

Additional Instructions:



Lauren H. Redler, MD

Date