



ColumbiaDoctors

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Rehabilitation prescription for:

label

Dr. Redler's POSTERIOR Bankart Repair Rehabilitation Protocol

Diagnosis:

Procedure date:

S/P: Arthroscopic Posterior 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, AROM														
Pendulums (with torso leaning 30 degr forward)	•	•	•	•	•	•	•	•						
Forward Elevation 0 to 90			•	•	•	•								
Full Forward Elevation							•	•	•	•	•	•	•	•
Internal Rotation ONLY to Neutral (0)			•	•	•	•								
Internal Rotation 0 to 45							•	•	•	•				
Full Internal Rotation											•	•	•	•
Full External Rotation			•	•	•	•	•	•	•	•	•	•	•	•
PHASE 2 EXERCISES AROM														
Pendulums (with torso leaning 30 degr forward)	•	•	•	•	•	•	•	•						
Forward Elevation 0 to 90			•	•	•	•								
Full Forward Elevation							•	•	•	•	•	•	•	•
Internal Rotation ONLY to Neutral (0)			•	•	•	•								
Internal Rotation 0 to 45							•	•	•	•				
Full Internal Rotation											•	•	•	•
Full External Rotation			•	•	•	•	•	•	•	•	•	•	•	•
PHASE 3 STRENGTHENING EXERCISES														
External Rotation						•	•	•	•	•	•	•	•	•
Internal Rotation						•	•	•	•	•	•	•	•	•
Abduction, Forward Elev (to 90 ONLY until 3 mo)						•	•	•	•	•				
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

Additional Instructions:

Lauren H. Redler, MD

Date