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ARTHROSCOPIC BANKHART REPAIRS

Phase 1:

Goals...

- Decrease Pain and Inflammation
- Protect the surgical repair
- Gradually regain range of motion (ROM)

Week 1-2

- Wrist and Elbow Exercises:
 - PROM, AAROM, AROM
- Grip strength exercises
 - Low weight wrist flexion and extension exercises
- Shoulder ROM Exercises (PROM, AAROM, AROM)
 - Forward Flexion to 100
 - External Rotation in Scapular Plane to 35
 - Internal Rotation in Scapular Plane to 45
- Rotator Cuff and Scapular Stabilizer Strengthening.
 - Institute sub-maximal isometrics.
 - Begin dynamic stabilization.

Weeks 3-4

- Progress Shoulder ROM Exercises
 - Forward Flexion to 140
 - External Rotation in Scapular Plane to 45
 - Internal Rotation in Scapular Plane to 60
 - Extension to 20
- Rotator Cuff and Scapular Stabilizer Strengthening.
 - Progress to light isotonic resistance exercises in scapular plane.
 - Begin self-capsular stretching.

Weeks 5-6

- Progress Shoulder ROM Exercises
 - Forward Flexion to 160
 - External Rotation in Scapular Plane to 75
 - Internal Rotation in Scapular Plane to 75
 - Extension to 35

- Rotator Cuff and Scapular Stabilizer Strengthening.
 - Progress to strengthening exercises.

Weeks 6-7

- Progress Shoulder ROM Exercises
 - Forward Flexion to maximum as tolerated.
 - External Rotation in Scapular Plane to 90 as tolerated.
 - Internal Rotation in Scapular Plane to maximum.

Phase 2:

Goals...

- Regain full ROM.
- Greater emphasis on cuff and scapular stabilizer strengthening.
- Prepare for sport-specific training.

Weeks 8-12

- Aggressively pursue full ER, especially in overhead athletes.
- Regain full arc of rotation compared to the contralateral shoulder.
- Regain ROM deficits in any plane that are still present.
- Continue strengthening cuff and scapular stabilizers.
- Improve shoulder girdle strength with isotonic and isokinetic training.
- Initiate and progress functional activities.

Phase 3:

Goals...

- Prepare throwers for interval throwing program
- Prepare other overhead athletes for interval sport specific program.
- Prepare contact and collision sports athletes for return to sports.

Weeks 13-16:

- Begin formal weight-training with free weights and appropriate machines.
- No restrictions for returning to weight training
- Progress to more challenging functional activities for overhead athletes.

Phase 4:

Goals...

- Allow contact and collision sport athletes to return to competition without restriction.
- Prepare overhead athletes for return to sports.

Weeks 17+:

- Institute Interval Sports Specific Program for overhead athletes.
- Institute throwing program for throwers.
- Allow throwers and other overhead athletes to return to competition when they have successfully completed their interval sports specific program.