



# MARC ROGERS, D.O.

1710 SE 16th Avenue, Ocala, FL 34471 • 352-620-1900

---

## 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.