

Name _____
 Date _____
 Physician _____



proaxistherapy™

Bankart Protocol

Sling for 5 weeks. Avoid “throwing position” for 3 months.

Phase 1 - (PASSIVE)

Week 1-3

Pendulums to warm-up
 Supine to start and progress as tolerated
 Supine External Rotation - 0 °
 Supine Forward Elevation – 90°
 No Internal Rotation

Week 4 & 5

External Rotation - 30 °
 Forward Elevation – Full

Phase 2 - (ACTIVE)

Week 6 & 7

Pendulums to warm-up.
Active Range of Motion with passive stretch to prescribed limits

Supine to start → Seated Forward Elevation – progress to full
 Supine → Seated External Rotation (gradually increase to full by week 12)
 Internal Rotation – Full

Phase 3 - (RESISTED)

Week 8

Pendulums to warm up and continue with phase 2
 External and Internal Rotation – standing forward punch
 Seated rows/shoulder shrugs
 Bear Hugs
 Continue ER progression to full by 12 weeks

Weight Training

Week 10

Avoid anterior capsular stress.
 Keep hands in eyesight, not behind head, keep elbows bent, no long lever arms.
 Minimize overhead activities.
 No military press, pull-down behind head, or wide grip bench

Return to Activity

Computer	Early weeks
Golf	12 weeks (chip and putt only)
Tennis	16 weeks (no overhead)
Throwing Intervals	16 weeks
Contact Sports	6 months

Surgeon Comments:

Therapist Name _____