



Patient label

**S/P:**

[illegible]

**Additional Instructions:**

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- \*Keep hands within eyesight, minimize overhead movements
  - \*No military press, pulldowns behind neck or wide grip bench
  - \*Sling x 6 weeks at all times (except for PT exercises), including sleep
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**Remplissage Considerations**

- Most often used in conjunction with Bankart repair
- No active external rotation strengthening for 12 weeks
- No internal rotation or cross body stretching for 12 weeks
- No pushing motions
- No Grade 3 or 4 posterior joint mobilizations for 12 weeks • Treat like posterior rotator cuff repair

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Robert G. Tyskind, MD

Date