

Pediatric Orthopedic and Scoliosis Center Rehabilitation Medicine Center

Patient label

Dr. Tysklind's Anterior Bankart w/ Remplissage Rehabilitation Protocol

Diagnosis: R / L	
Procedure date:	S/P:

	W	EEK									1	ION	ΝТН		
	1	2	3	4	5	6	7	8	9	10		3	4	5	6
PHASE 1 EXERCISES PROM					•		•	•							
Pendulums	•	•	•	•	•	•	•	•							
Forward Elevation 0 to 90			•	•	•	•	•	•	•	•		•	•	•	•
Full Forward Elevation						•	•	•	•	•		•	•	•	•
Abduction 0-60			•	•	•	•	•	•	•	•		•	•	•	•
Abduction 0-90						•	•	•	•	•		•	•	•	•
External Rotation 0 to 30						•	•	•							
External Rotation 0 to 45									•	•					
Full External Rotation												•	•	•	•
Full Internal Rotation												•	•	•	•
PHASE 2 EXERCISES AROM															
Pendulums	•	•	•	•	•	•	•	•							
Full Forward Elevation						•	•	•	•	•		•	•	•	•
Abduction 0-60			•	•	•	•	•	•	•	•		•	•	•	•
Abduction 0-90						•	•	•	•	•		•	•	•	•
External Rotation 0 to 30						•	•	•							
External Rotation 0 to 45									•	•					
Full External Rotation												•	•	•	•
Full Internal Rotation												•	•	•	•
PHASE 3 STRENGTHENING EXERCIS	SES														
External Rotation												•	•	•	•
Internal Rotation						•	•	•	•	•		•	•	•	•
Forward Punch						•	•	•	•	•		•	•	•	•
Seated Rows						•	•	•	•	•		•	•	•	•
Shrugs						•	•	•	•	•		•	•	•	•
Curls						•	•	•	•	•		•	•	•	•
PHASE 4 RETURN TO HIGH LEVEL A	CTIVITIES														
Golf													•	•	•
Tennis													•	•	•
Football/Lacrosse/Hockey														•	•
Baseball/softball													•	•	•

Additional Instructions:

- *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

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

Robert G. Tysklind, MD

Date