



Pediatric Orthopedic and Scoliosis Center  
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

## Dr. Tysklind's POSTERIOR Bankart Repair Rehabilitation Protocol

Diagnosis: R / L

Procedure date:

S/P:

	WEEK											MONTH			
	1	2	3	4	5	6	7	8	9	10		3	4	5	6
<b><i>PHASE 1 EXERCISES PROM, AROM</i></b>															
Pendulums (with torso leaning 30 degr forward)	●	●	●	●	●	●	●	●							
Forward Elevation 0 to 90			●	●	●	●									
Full Forward Elevation							●	●	●	●		●	●	●	●
Internal Rotation ONLY to Neutral (0)			●	●	●	●									
Internal Rotation 0 to 45							●	●	●	●					
Full Internal Rotation												●	●	●	●
Full External Rotation			●	●	●	●	●	●	●	●		●	●	●	●
<b><i>PHASE 2 EXERCISES AROM</i></b>															
Pendulums (with torso leaning 30 degr forward)	●	●	●	●	●	●	●	●							
Forward Elevation 0 to 90			●	●	●	●									
Full Forward Elevation							●	●	●	●		●	●	●	●
Internal Rotation ONLY to Neutral (0)			●	●	●	●									
Internal Rotation 0 to 45							●	●	●	●					
Full Internal Rotation												●	●	●	●
Full External Rotation			●	●	●	●	●	●	●	●		●	●	●	●
<b><i>PHASE 3 STRENGTHENING EXERCISES</i></b>															
External Rotation						●	●	●	●	●		●	●	●	●
Internal Rotation						●	●	●	●	●		●	●	●	●
Abduction, Forward Elev (to 90 ONLY until 3 mo)						●	●	●	●	●					
Forward Punch								●	●	●		●	●	●	●
Seated Rows								●	●	●		●	●	●	●
Shrugs								●	●	●		●	●	●	●

Curls						●	●	●	●	●		●	●	●	●
<b><i>PHASE 4 RETURN TO HIGH LEVEL ACTIVITIES</i></b>															
Golf														●	●
Tennis														●	●
Football/Lacrosse/Hockey															●
Baseball/softball														●	●

### Additional Instructions:

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\*Keep hands within eyesight, minimize overhead movements

\*No military press, pulldowns behind neck or wide grip bench

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Robert G. Tysklind, MD

Date