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Arthroscopic Bankart Repair

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0-4 weeks	Active / Active-Assisted: Limit ER to 40°± and forward flexion to 140°	Worn at all times except for hygiene and therapeutic exercise	Elbow/wrist/hand ROM, grip strength. Isometrics: abduction, ER, IR exercises with elbow at side.
PHASE II 4-6 weeks	Increase forward flexion, IR/ER as tolerated with same limits.	None.	Advance isometrics and begin Theraband. Strengthen scapular stabilizers.
PHASE III 6-12 weeks	Progress to full active motion. May add gentle PROM at 8wks if needed.	None.	Advance Therabands. May begin light weights. Begin UBE
PHASE IV 12 weeks – 6 months***	Full painless motion.	None.	Begin functional sport/work specifics. Plyometrics, proprioception, Return to previous activity level.**

* Patient is required to complete stretching exercises 3 times per day.

** Patient may return to the weight room at 3 months, if appropriate.

*** Patient may return to competitive sports, including contact sports by 4-6 months, if approved.