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## Bankart Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Passive (Weeks 1 to 5)

#### Weeks 1 to 3

- Pendulums to warm-up
- Supine to start and progress as tolerated
- Supine external rotation – 0 degrees
- Supine forward elevation – 90 degrees
- No internal rotation

#### Weeks 4 to 5

- Sling for five weeks
- External rotation – 30 degrees
- Forward elevation – full

### Phase II: Active (Weeks 6 to 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 III: Resisted (Week 8)

- Pendulums to warm-up and continue with Phase II
- 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 Activities

- Computer: early weeks
- Golf: 12 weeks (chip and putt only)
- Tennis: 16 weeks (no overhead)
- Throwing intervals: 16 weeks
- Throwing position: after 3 months
- Contact sports: 6 months