



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Bankart Repair (anterior shoulder stabilization)

Sling for 5 weeks. Avoid “throwing position” for 3 months.

Start Physical Therapy approximately 1 week after surgery.

Phase 1 - (PASSIVE) Pendulums to warm-up

Week 1-3

Supine to start and progress as tolerated

Supine External Rotation - 0°

Supine Forward Elevation – 90°

Week 4 & 5

External Rotation - 30°

Forward Elevation – Full

Phase 2 - (ACTIVE) Pendulums to warm-up.

Active Range of Motion with passive stretch to prescribed limits

Week 6 & 7

Supine to start → Seated Forward Elevation – progress to full

Supine → Seated External Rotation (gradually increase to full by week 12)

Internal Rotation – Full

Phase 3 - (RESISTED) Pendulums to warm up and continue with phase 2

External and Internal Rotation – standing forward punch

Week 8

Seated rows/shoulder shrugs

Bear Hugs

Continue ER progression to full by 12 weeks

Weight Training

Avoid anterior capsular stress.

Week 10

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 Activity

Computer: Early weeks

Golf: 12 weeks (chip and putt only)

Tennis: 16 weeks (no overhead)

Throwing Intervals: 16 weeks

Contact Sports: 6 months