

**Arthroscopic Bankart Repair
Post Operative Rehabilitation
For the Collegiate-level Quarterback**

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Phase 1: Weeks 0-3



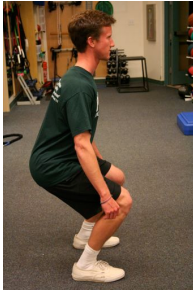
Circular Pendulum
(both ways) 1x15



Web Grip
2x20



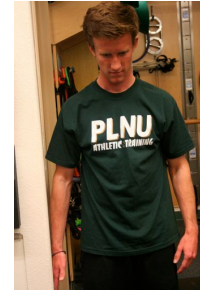
Lunge
2x20



Double Leg Squat
2x20



Pelvic Neutral
3 sec 3x15



Isometric ABD
3-5 sec 1x30



Isometric ER
3-5 sec 1x30



Isometric IR
3-5 sec 1x30



Isometric Flexion
3-5 sec 1x30

Phase 2: Weeks 3-6



Wall Climbing
2x10



AAROM Straight Bar
2x10



Rope Pulley
2x10



Wand pronation, supination,
UD and RD
2x20



Theraband ER and IR
2x20-30



Theraband Scap Squeeze
2x20



FMR
2x20



Quadruped Shoulder Flexion
2x15



Lunge matrix
3x12

Phase 2: Weeks 6-8



Seated Row
2x15-20



Scap Circles (both ways)
2x1 minute



Serratus Push-Up
3x15



RDL
3x15



Bowler Squat
3x12



Leg Extension
3x15



Russian Twists
3x15



High-Low Chop
2x15



Ladders
5x10

Phase 3: Weeks 8-10



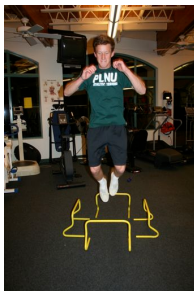
PNF
3x10



Lat Pull Down
3x12



TRX Hamstring Curl
3x12



4 way DL Hop with Hurdles
2x1 min



DL Squat with Bosu Ball
3x10



TRX Plank
3x1 min



Side Crunch
3x10

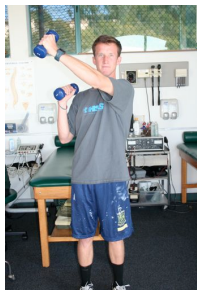


Horizontal Cable Pull on Bosu
Ball
3x15



Box Run With Football
5x10

Phase 3: Weeks 10-12



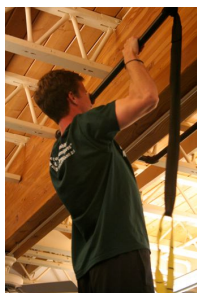
Dumbbell Matrix
2 sets



ITW's
2x10



Push-Up with Med Ball
3x20



Pull-Up
3x10



Lunge matrix with weights
3x5



Running hurdles
5x10

Phase 4: Weeks 12-20



Trampoline Throw
2x20



Reverse Trampoline Throw
2x20



Plyo Push-Up with Med Ball
3x10



Bodyblade D1,D2
2x10



Med Ball Drop
2x20



Balance Catch
3x1 minute



Plyometric Box Jumps
3x15-20



Mountain Climber
3x1 minute



Ballast Ball Hi-low, low high,
and circles
2x30 seconds(each)