

# Remplissage + Bankart

Name: \_\_\_\_\_  
 Dr: Doan

DOB: \_\_\_\_\_  
 DOS: \_\_\_\_\_

**Passive ROM RESTRICTIONS**  
**No Motion x 2 wks**  
**FE: full**  
**ER: 0-30 x 6 wk**  
**IR: to belt x 2 wk**  
**ABD: full**  
**Begin full AROM**  
**6 weeks**  
**Sling**  
**6 weeks**

ROM & Muscle Initiation	1	2	3	4	5	6-7+	8-12+	13-18+	19-23+	24+
Scapular retraction - depression										
Cervical, elbow, wrist & hand ROM										
Pendulums										
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction										
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption										
Isometrics A) External & internal rotation B) Biceps & triceps										
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception										
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation										
<b>Progress to Endurance: 6+ wks &amp; PROM FE 120, Abd 90, Ext Rot 30, Q DASH &lt;60%,</b>										
<b>Muscular Endurance 3 x 15, 45s rest</b>							8-12+			
External & internal rotation										
Punches with a plus										
Sport cord rows										
Prone lower trap										
Bicep curls / tricep extension										
Closed chain stability										
<b>Progress to Strength: 12+ wks &amp; AROM FE 120, Abd 120, Ext Rot 45, Q DASH &lt;45%</b>										
<b>Muscular Strength 3 x 10 120s rest</b>								13-18+		
External rotation at 45° & 90°										
Bear hugs										
Statue of liberty										
Push up plus progression										
<b>Progress to Power: 18+ wk + strength &gt;80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH &lt;20%,</b>										
<b>Muscular Power 3 x 6, 180s rest</b>									19-24+	
Advanced closed chain stability										
PNF with resistance										
Decelerations & Plyometric ext rotation										
<b>Progress to High Level: 24+ wks + strength &gt;90% contralateral side (motions as above), CKQUEST &gt;21 / 15s</b>										
<b>High Level Activities</b>									19-24+	25+
Skiing										
Overhead & serving sports										
Throwing progression										