
Arthroscopic Bankhart – Steadman-Hawkins Protocol

Sling for 4 weeks.

Avoid “throwing position” for 3 months.

Phase 0- QUIET

Week 0

Quiet in sling with elbow/wrist/hand
Begin active scapular retraction exercises with therapist cueing

Phase 1 – PASSIVE

Week 1-3

Pendulums to warm-up
Supine External Rotation - 30°
Supine Forward Elevation - 90°
No Internal Rotation

Week 4

Supine Forward Elevation - Full
Internal Rotation to belt line

Phase 2 – ACTIVE

Week 4 & 5

Pendulums to warm-up
Active ROM with passive stretch to prescribed limits
Supine → Seated External Rotation (gradually increase to full by week 12)
No terminal stretching with ER
Supine → Seated Forward Elevation – Full
Internal Rotation – Full

Phase 3 – RESISTED

Week 6

Pendulums to warm-up and continue with phase 2
External and Internal Rotation
Standing forward punch
Seated Rows
Bicep Curls/Bear Hugs
Continue ER progression to full over next 6 weeks

Weight Training

Week 12

Avoid anterior capsular stress
Keep hands within eyesight, keep elbows bent, no long lever arms

Minimize overhead activities

(No Military press, pull downs behind head, or wide grip bench)

Return to Activities

Computer

After 4 weeks

Golf

8 weeks (chip and putt only)

Tennis

12 weeks (no overhead)

Contact Sports

4 months