**Bankart/Labral Repair Shoulder Protocol**

This procedure re-attaches torn ligaments and labral structures back to the edge of the shoulder socket. The following is a guideline for the progression of post-operative recovery and rehabilitation.

General Information

* Time required for full recovery is 3-6 months.
* There may be a slight permanent loss of external rotation compared to your normal shoulder, but the motion is usually adequate for most activities.
* This protocol is a guide and different individuals will recover at different rates. Your doctor and/or physiotherapist will assist you in determining the appropriate timing for progression of exercises.

Precautions

* The capsular/labral repair is stress if you externally rotate the shoulder beyond neutral (arm straight in front of you). Avoid rotating out further.
* For arthroscopic repairs, strengthening of rotator cuff muscles is allowed soon after surgery.

Immobilization

* Sling should be work for 4-6 weeks in uncontrolled environments (around dogs, kids, in crowds etc.).
* Sling to be worn for 6 weeks while sleeping.
* You may remove sling in controlled environments for light activity or exercises.
* Discontinue sling completely at 6 weeks post-surgery.

Personal Hygiene/Showering

* Avoid getting portals/incisions wet for 48 hours.
* OK to get wet in shower 48 hours after surgery.
* No submersion in bath, hot tub or pool for at least 14 days and only if wounds appear to be healed.

**First Week Post-op**

1. Flexion (Forward elevation) to 90 degrees, passive (PROM) and active assisted (AAROM).
2. Ice 3-5 times a day for 20 minutes.
3. External rotation with cane/bar to neutral.
4. Isometric rotator cuff exercises (sub-maximal effort) can begin by day 3.
5. Feel free to move elbow and wrist as much as you want.
6. Modalities at physiotherapy.

**Second Week Post-op**

1. PROM and AAROM-External rotation limit of 20 degrees, flexion 90 degrees.
2. Gentle pendulum movements, leaning forward 20 degrees.
3. Continue isometric cuff exercises.
4. Biceps curls
5. Shoulder shrugs

**Third Week Post-op**

1. Flexion to tolerance. External rotation limit still to 20 degrees.
2. Carry on as above.

**4 Weeks Post-op**

1. Can do Therabands, within limits of safe motion.

**6 Weeks Post-op**

1. Can start to push external rotation as far as 45 degrees.
2. Should have full forward elevation of 180 degrees.
3. OK to do more progressive resistance exercises with light weights.
4. Wall push-ups and/or plyoball.

**12 Weeks Post-op**

1. Can now start sport specific activities/training if patient has full motion, normal strength, and no pain.
2. Check with surgeon before starting any sport with contact or high risk for re-dislocation.