

Shoulder Stabilization – Rehabilitation Guidelines

(Arthroscopic Bankart or Latarjet)

Kelowna Bone and Joint Health

0 to 2 Weeks Post-op

- Sling when up and for sleep. During daytime when seated, loosen neck strap on sling and rest arm on lap, armchair, table etc.
- Active range of motion for elbow, wrist and hand.

2 to 4 Weeks Post-op

- You may use partial muscle function in the repaired shoulder with motion exercises (“passive and active-assisted shoulder range of motion”)
 - Forward elevation: 120° maximum
 - External rotation: not beyond 10°
 - Internal rotation: to chest wall

4 to 6 Weeks Post-op

- Wean from and discontinue sling. Begin using arm for light waist level activities (any light activity where the hand is below shoulder height). No lifting/pushing/pulling.
- Passive and active-assisted shoulder range of motion
 - Forward elevation: as tolerated, no restriction
 - External rotation: not beyond 30°
 - Avoid combined abduction and external rotation (avoid the overhead throwing position)

6 Weeks to 3 months Post-op

- Use arm for all light activities as able, including reaching. Become fully two-handed for all light, unresisted activities.
- Start physiotherapy:
 - Progress range of motion, no restrictions
 - Gentle progressive strengthening program

3 to 6 months Post-op

- May use arm for resisted/physical activity below shoulder height, with elbows near your side/waist
- After 4 months, may do some restricted sports activity. Examples:
 - Half golf swing
 - Light swimming

After 6 months Post-op

- No restrictions. Gradually return to all activities as pain and comfort permit.
- It does take a year to get the most recovery in terms of strength, motion and overall function.