

Protocol after Arthroscopic Labral (Bankart) Repair

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Goal of program is to maximize stability and shoulder recovery

0-2 Weeks

- Wear sling full time, removing three times/day to work on elbow/hand motion

2-6 Weeks

- Wear standard sling in public and to sleep
- Lift/push/pull less than one pound with operative arm
- Begin pendulum or table slide exercise to prevent stiffness
- No external rotation

6-10 Weeks

- Wear sling in public
- Lift/push/pull less than one pound with the operative arm
- Begin passive forward elevation exercise to improve range of motion
- No external rotation

10-14 Weeks

- Discontinue sling
- Lift/push/pull less than two pounds with the operative arm
- Begin shoulder/rotator cuff strengthening exercises

14-18 Weeks

- Lift/push/pull less than 5 pounds with the operative arm
- Continue shoulder/rotator cuff strengthening exercises
- Sports specific training

Over 18 Weeks

- No further weight restrictions
- Continue shoulder/rotator cuff strengthening exercises daily for additional 16 weeks; then 3 times per week
- Continue sports specific training