



## **Gordon I Groh MD, MBA**

### **Shoulder, Elbow & Hand Surgery**

American Shoulder and Elbow Surgeons  
American Society for Surgery of the Hand  
American Academy of Orthopedic Surgeons

### **Asheville Orthopedic Associates**

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## **Protocol after Arthroscopic Labral (Bankart) Repair**

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