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Anterior Shoulder Instability (Bankart Repair)

Surgery:

- 1-2 Hours Long
- Same Day Surgery
- 2-3 incision sites the size of a button hole
(Rare occasions, may convert to open procedure)

Surgical Goals:

- Repair the labrum to stabilize the shoulder
 - Decrease Pain/Improve Function
 - Diagnostic evaluation of shoulder

General Timeline After Surgery:

- 0-4 weeks Post-Op: Shoulder brace worn at all times (except for hygiene purposes). Okay to use hand cautiously in front of body, but must stay in brace. Wrist, elbow and hand range of motion okay.
- 4-6 weeks Post-Op: Begin range of motion exercises with the guidance of physical therapy. Discontinue brace.
 - **Start formal Physical Therapy 4 weeks after surgery date**

(Find a physical therapist that's close to home and covered by insurance)
- 6-12 weeks Post-Op: Full range of motion as tolerated. Begin gentle strength exercises. Okay to start throwing progression at 3 months post-op. Return to light contact sports.
 - 4-6 months Post-Op: Full motion without discomfort. Begin sport specific drills and return to full activity.
- **Typical Post-Op Appointments: 2 weeks, 3 months, 6 months, & 1 year out from surgery date**

Changes to timeline may occur if other issues are noted during surgery

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