

**Anterior Shoulder Instability  
Bankart Repair +/- Remplissage  
Post Operative Rehabilitation Protocol**

**Following Surgery:**

- Expect arm immobilization sling to be worn at all times (except during exercises) for 6 weeks
- Ice shoulder for 15 minute intervals until your next clinic visit.
- May begin showering at 3 days. Allow shower water to run over surgical incisions. Do NOT scrub. Pat dry and then apply Band-Aids.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

**Precautions:**

- Watch for signs of infection and call immediately if these signs develop:
  - Fever higher than 102°F, shortness of breath, or nausea and vomiting that does not improve with anti-nausea meds.
  - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
  - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- No external rotation past 30 degrees at any position of the shoulder for 6 weeks.

**2 Weeks Post Op:**

- Follow up appointment in clinic
- Tegaderm will be removed.
- Gentle pendulum exercises initiated for middle-aged patients or athletes.

**8 Weeks Post Op:**

- Follow up appointment in clinic
- Begin Active/Passive Range of Motion (A/PROM) of the shoulder by using pulleys and dowel rod to improve forward flexion.
- Begin very gentle external rotation. Don't ever force motion. PROGRESSIVE STRETCH.
- Sling may be discontinued between 6-8 weeks depending on patient's progress. If motion is easily achieved, may expect immobilization for 8 or more weeks. If shoulder ROM is lacking, sling may be removed at 6 weeks.

**16 Weeks Post Op:**

- Follow up appointment in clinic with MD/PA.
- Begin resisted strengthening of the deltoids, scapular stabilizers, external and internal rotators using bands.
- Gently increase external rotation.



Alaska Orthopedic Specialists, LLC  
301 West Northern Lights Blvd, Suite 600  
Anchorage, AK 99503

---

Phone (907) 771-3500 | Fax (907) 771-3550  
[www.akortho.com](http://www.akortho.com)

**Considerations:**

- Expect 4-6 months before released to competitive sports and full-unrestricted use in heavy job requirements.
- Continued improvement can occur for 1- 1 ½ years!!
- Remember, the initial goal is to allow the front of the shoulder to tighten up with scar preventing instability. The long-term functional goal involves **slow progressive motion and stretching during healing** to prevent the shoulder from becoming too stiff, while at the same time not stretching the capsule out too much during the 8-week healing period.
- Expect some loss of external rotation.

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.