

### **Bankart Reconstruction (Labral tear)**

#### **For the first 6 weeks after surgery:**

- Your shoulder will be in the sling for the first 2 weeks after surgery. You can use your arm to do simple activities such as type on a computer, write a letter, use the remote control for the TV, etc.
- You can shower two days after your surgery. Be sure to stabilize your arm while in the shower. You can begin gradual weaning from the sling at 2 weeks and only use the sling for "at risk" situations (environments where there are a lot of people, etc.).
- Physical therapy typically begins approximately 7 days after your surgery. This will be discussed at your first post-operative appointment.
- You will receive a prescription for physical therapy at your first post-operative appointment. Once a physical therapy location is designated, you will contact the location and set up appointment times.
- You can resume driving at approximately 2-3 weeks after surgery. You cannot drive with the sling in place and/or within 6 hours of taking narcotic pain medication.
- Your arthroscopic sutures will be removed at your first post-operative appointment. White steri-strips will be placed over the incisions. These can get wet, but do not soak or immerse the shoulder in water for 2-3 weeks. The steri-strips will fall off naturally over approximately one week.
- Return to work will be discussed on a case-by-case basis. Most patients can return to clerical duties only at approximately 2-3 weeks after surgery. Patients with jobs requiring heavy lifting, that do not offer light duty, will be out of work for 5-6 months.
- Exercise: You may exercise on a stationary bicycle in order to get some aerobic exercise. No running, stair master or elliptical at this time.

#### **6-12 weeks after your surgery:**

- Your shoulder sling is no longer necessary unless we instruct you otherwise.
- You should continue to avoid lifting your arm away from your body.
- Continue with light duty at work. No lifting, pushing, pulling or carrying anything with the operative arm greater than 1 (one) pound.
- You may begin a gradual return to light running at this phase (typically around 8-10 weeks). This should be discussed with Dr. Young, Jake and/or your physical therapist pending your progression.
- If you need an updated work note or a note for school, one can be provided for you.
- Continue with formal physical therapy and daily stretching at home.
- You should be weaning off or completely off of the narcotic pain medication at this time.

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**12-16 weeks after your surgery:**

- The restriction of no lifting, pushing, pulling, carrying of anything greater than one pound may be discontinued at this phase. This is a case-by-case basis. This restriction will be discussed throughout your post-operative visits with Dr. Young, Jake and/or your physical therapist.
- Returning to any activities after surgery should be on a light, gradual progression.
- No sudden lifting, pushing activities or jerking motions.
- Continue with a daily home stretching program.
- A gradual progression to being discharged from formal physical therapy may begin at this phase, depending on your progress. This will be discussed with Dr. Young, Jake and/or your physical therapist.
- For athletes: a gradual progression with sports specific activities can begin at this phase. No live contact. You will progress to this phase in physical therapy with the therapist.

**16-24 weeks after your surgery:**

- Your physical therapist will help you design a home program that you will continue with on your own following formal therapy.
- No sudden lifting, pushing activities or jerking motions.
- Continue with a daily home stretching program.
- The strengthening exercises can be performed 2-3 days per week.
- Progressive strengthening and endurance exercises per the physical therapists home program.

The following timetable can be considered as a minimum for return to the following activities (this should serve as a general timeframe and is not an absolute. We will discuss returning to the following activities at your post-operative appointments.

- Return to sports (i.e. football, basketball, soccer, etc.): 5-6 months (this is determined on a case by case basis and is pending on your progress after surgery)
- Throwing sports: 6 months (a throwing progression needs to be incorporated with your therapy before returning to a normal throwing sport).
- Skiing: 6 - 8 months.
- Golfing: Pitching and putting may begin at 3 1/2 months, hitting golf balls at 4 months.
- Weight Training: 5-6 months (light weights and in coordination with the home program from the physical therapist.
- Tennis: 4 months (gradual progression with overhead serving).
- Swimming: 6 - 9 months.
- Return to your sport on a graduated basis. Do not jump back in too fast.



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