

Postoperative protocol following Bankart or Capsulolabral or SLAP tear repair shoulder surgery

Mr Ravi Pandit, FRCS
Consultant Orthopaedic Surgeon

Immediate postoperative:

- Follow guidelines as in 'Universal Instructions'
- Avoid External rotation/Abduction and Elevation > 45° x 4 weeks
- Care when donning a coat/jacket, jumper, T-shirts
- Use the polysling at night and between exercises
- Wear the sling when outside
- Begin passive-assisted and active-assisted exercises

Between 2nd to 6th week post-operation

- Continue with active-assisted exercises
- Increase range of motion exercises after the 6th week, post-operation
- Scapular/core body strengthening
- Avoid lifting heavy weights, especially overhead

After the 6th week

- Increasing range of motion exercises
- Begin strengthening exercises

Patients are reviewed 3 weeks after surgery (unless indicated)

Subsequent follow-up is dependent on individual progress, but is generally at 6 week, 3 months and 6 months post-surgery

Report to surgeon/team if

- Sudden deterioration of range of movements
- Increasing pain (not being controlled with analgesics)
- Temperature, cold sweats, being unwell