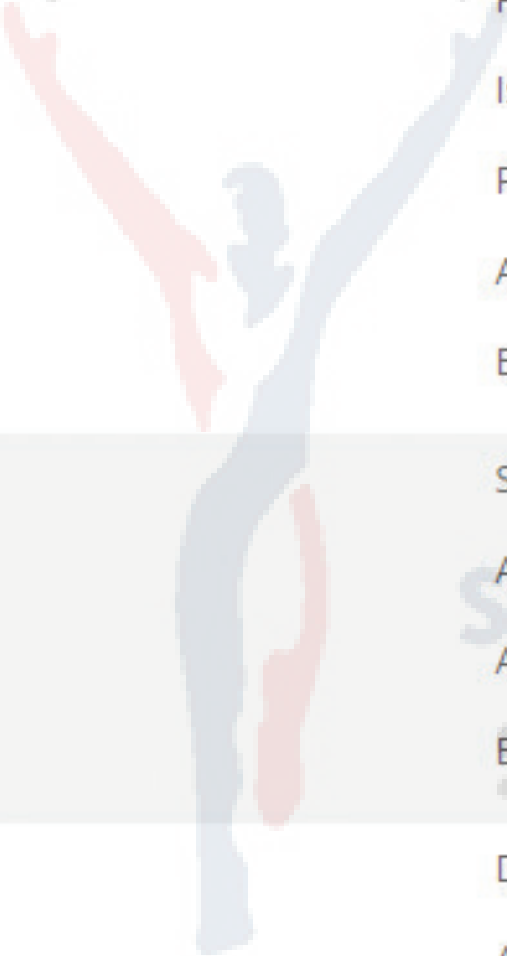


Recurrent shoulder dislocation - Labral (Bankart) repair

Duration	Rehabilitation
0 to 3 weeks	SPORTS MEDICINE  Shoulder immobilizer at all times. Scapular retraction exercises. Pendulum exercises. Isometric deltoid exercises. Forward flexion to 90 degrees. Abduction to 90 degrees. External rotation to neutral.
3 to 6 weeks	Shoulder immobilizer while sleeping. Aim for full forward elevation. Aim for 120 degrees of abduction. External rotation to 30 degrees.
6 weeks to 3 months	Discard shoulder immobilizer. Aim for full range of movement in all directions. Scapular sets. Gradually commence cuff strengthening exercises as movement increases.
3 to 6 months	Cuff strengthening protocol. Trapezius, serratus anterior strengthening. Core strengthening exercises.
6 months onwards	Sports specific rehab and gradual return to sports.

These are general guidelines to be followed after an anterior shoulder stabilization.

There may be individual variations based on any associated pathologies tackled and these instructions, if needed, will be provided separately.

Kindly do not deviate from the protocol without prior consultation with the surgeon.