

Winston Salem Shoulder

Dr. S. Bradley Winter, MD • OrthoCarolina

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Shoulder Instability Surgery — Postoperative Rehabilitation Protocol

Arthroscopic Bankart Repair / Latarjet Procedure • Dr. S. Bradley Winter, MD

PHASE 1: IMMOBILIZATION & PROTECTION | Weeks 0–4

GOALS

- Protect labral repair
- Control pain and inflammation
- Begin gentle ROM

EXERCISES / ACTIVITIES

- Pendulums at week 2
- Passive ER to neutral only
- Elbow/wrist/hand exercises
- Isometric biceps
- Cryotherapy

PRECAUTIONS

- Sling full-time
- No ER past neutral
- No shoulder extension

PHASE 2: EARLY MOBILITY | Weeks 4–8

GOALS

- Progress PROM
- Discontinue sling
- Restore scapular control

EXERCISES / ACTIVITIES

- AAROM in all planes
- ER to 45° (soft tissue) or 30° (Latarjet)
- Forward flexion to 140°
- Scapular clocks
- Closed-chain stability

PRECAUTIONS

- No shoulder extension past neutral
- No resistive ER

PHASE 3: STRENGTHENING | Weeks 8–16

GOALS

- Full AROM
- Begin resistance training
- Neuromuscular control

EXERCISES / ACTIVITIES

- Theraband IR/ER
- Rhythmic stabilization
- Prone row/extension
- D1/D2 PNF patterns
- Core and kinetic chain

PRECAUTIONS

- No contact sports
- Avoid provocative positions (abduction + ER)

PHASE 4: RETURN TO SPORT | Weeks 16–24

GOALS

- Sport-specific strength
- Confidence in instability
- Surgeon clearance

EXERCISES / ACTIVITIES

- Plyometric throwing program
- Sport-specific drills
- Functional testing
- Isokinetic assessment if available

PRECAUTIONS

- Full contact sports require surgeon clearance at 5–7 months

This protocol is a general guideline and may be modified by Dr. Winter based on intraoperative findings, tissue quality, and individual patient factors. Do not progress through phases without clearance from your surgeon or physical therapist. Questions? Contact OrthoCarolina at (336) 765-5400.

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