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Shoulder Labrum Repair (Bankart)

Surgery:

1 – 2 hours

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for
pain control

Goals:

Repair the labrum to prevent shoulder
instability (dislocation)

Decrease pain/Improve Function

General Timeline After Surgery

0-4 weeks Post-Op –

Wear sling at all times (except showering). No shoulder range of motion. Ok to use hand cautiously in front of body, but must stay in the sling. Ok for wrist, hand, elbow motion.

Begin Physical Therapy 4 weeks post-op

4-6 weeks Post-Op –

Begin working on range of motion along with strengthening of the scapula musculature.
No significant weight bearing with the shoulder/arm.

6-12 weeks Post-Op –

Full range of motion.

Begin gentle strengthening with bands at 6 weeks followed by light weight lifting with the elbows close to the body at 8 weeks.

3-4 months Post-Op –

No weight lifting limitations. May return to noncontact sports.

4-6 months Post-Op –

Ok to return to contact sports and unrestricted activities.

Typical post-op appointments at 2 weeks, 2 months, 4 months post-surgery

Dr. Todd's Contact Information

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