

Bankart/Labral Repair Post-Operative Time Line

1. The first post-operative appointment will be at 7-10 days after surgery. During this visit, your sutures will be removed and the incision will be assessed. You will remain in the sling until the next appointment.
2. The second post-op appointment will be 4 weeks after the procedure. During this time, the incision will be assessed. You will be taken out of the sling and given a prescription for physical therapy.
3. The third post-op appointment will be one months after the last appointment. Range of motion and strength will be assessed and you will be given a prescription for further therapy.
4. The fourth post-op appointment will be at one month after the last appointment. Range of motion and strength will be assessed and you will be given a prescription for further therapy.
5. All further follow up visits will be made on an as-needed basis.
6. We will work closely with the therapist to ensure that you are making an appropriate and timely recovery.
7. Return to full activity will occur between 4 and 6 months. This will be discussed by Dr. Burke.