



UNDERSTANDING YOUR SURGERY

Bankart Repair

Overview

The labrum is a ring of cartilage around your shoulder socket that deepens the joint and keeps the ball in place. After a dislocation it can tear. This keyhole operation reattaches the torn labrum with small anchors, restoring stability so the shoulder is far less likely to dislocate again.

About Your Procedure

Why this surgery is recommended

- A shoulder that has dislocated, especially more than once
- Ongoing instability or a feeling the shoulder may 'pop out'
- Preventing further dislocations that cause cumulative joint damage

What happens during surgery

- Keyhole (arthroscopic) — 3 to 4 small incisions
- Torn labrum reattached to the socket with small anchors and sutures
- Extra steps added if there is associated bone loss
- General anaesthetic with a nerve block; usually a day procedure

After Your Surgery

- Arm in a sling for **4–6 weeks**
- Physiotherapy starts around **Week 2**
- No turning the arm outward past neutral for the first 4 weeks
- Avoid reaching behind the back early on
- No driving for **6 weeks** after surgery

Important precautions:

- Never put the arm out to the side and rotate it outward — this position most easily re-tears the repair
- Contact sport: minimum 6 months before return
- Report any episode of the shoulder slipping or feeling unstable
- Stick to the timeline — returning to collision sport too early raises re-tear risk

Your Recovery at a Glance

WEEKS 1–4

Sling on. Hand, wrist and elbow exercises

WEEKS 4–8

Shoulder movement begins with physio

WEEKS 8–16

Progressive strengthening

MONTH 6+

Return to contact or throwing sport

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
