



# New West

sports medicine & orthopaedic surgery



## **Guidelines for Returning to Weight Training after SLAP and Bankart Repairs for Shoulder Instability**

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Before returning to weight training following surgery, you should have approval from your surgeon. You also should have completed your physical therapy, and have full range of motion and normal strength in the rotator cuff muscles and scapular muscles.

The following lifts should be AVOIDED after SLAP, Bankart, or other surgery for shoulder instability:

1. Bench press
2. Lat pull-downs
3. Military press
4. Incline bench press
5. Incline flyes
6. Flat dumbbell flyes
7. Overhead triceps press
8. Dumbbell pull-overs

Use the following guidelines when returning to weight training

1. Substitute the towel bench for regular bench.
2. Bench Press Grip should be shoulder width apart.
3. Lat pull-downs should only be performed in front of the head. Elbows do not bend past 90 degrees, and your elbow should never be lower than your shoulder.
4. Front and lateral raises should only be done parallel to the floor. Light weight and more reps should be the core of these lifts.
5. No parallel dips below 90 degrees of elbow bend.
6. No Skull-Crushers for triceps. Substitute kickbacks, or rope or V-Bar push downs.
7. Avoid Incline flyes, and presses.
8. No matter what lift you're doing, **NEVER** let your elbow get below your shoulder when doing lifts on your back.
9. Upright row grip should be at least 12 inches apart. Do not raise the bar higher than the point where elbow reaches shoulder level.
10. Continue theraband exercises 2-3x per week as part of your routine.

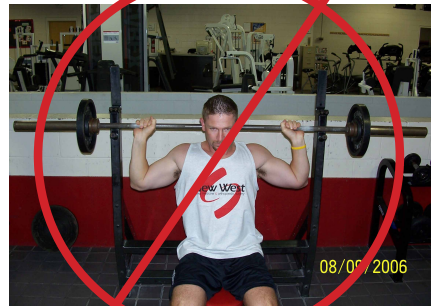
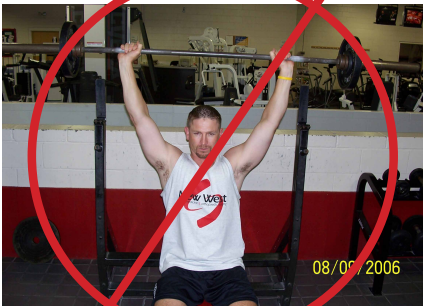
The following pages will show you what lifts to avoid, and what lifts you can do to substitute for these lifts.

## Lifts to Avoid

### Bench Press



### Military Press



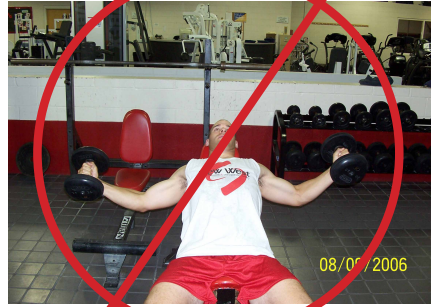
# Flat Flyes



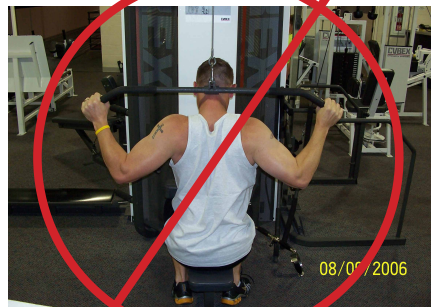
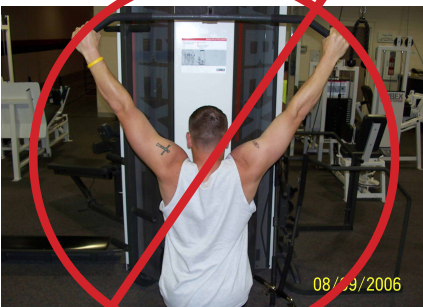
# Incline Press



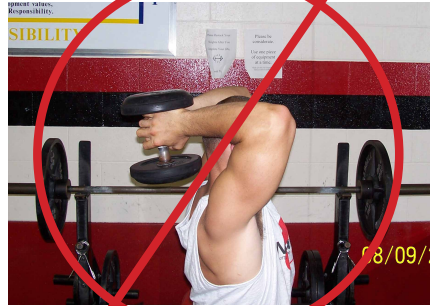
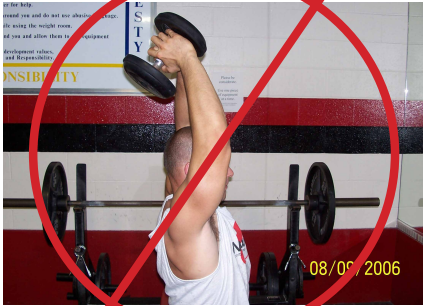
## Incline Flyes



## Lat Pull Downs



## Overhead Triceps Extension



## Dumbbell Pull-overs



## Skull-Crushers



## Parallel Dips

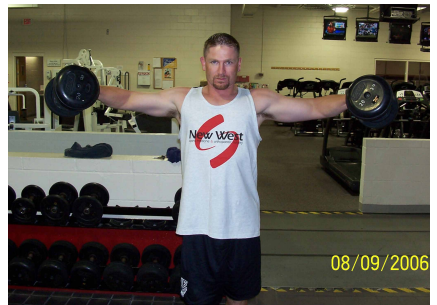


## Substitute Lifts

### Towel Bench



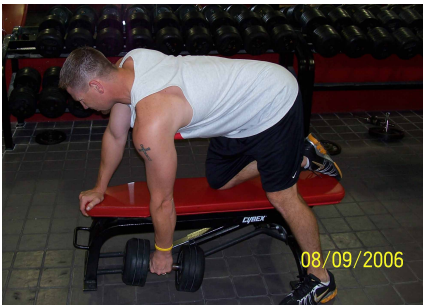
### Lateral Raises



## Front Raises



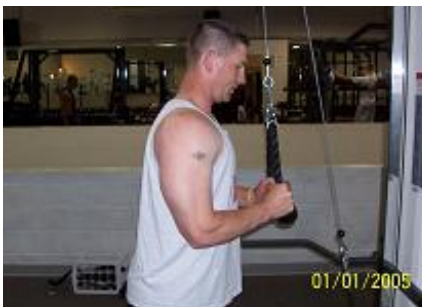
## One Arm Rows



## Low Pulley Rows



## Push-downs



## Upright Rows



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*Photos Courtesy of Kearney Family YMCA*