

# Orthopaedic Sports Specialists, P.C.

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## Arthroscopic SLAP Repair

### POST-OP REHABILITATION

#### **Phase I:**     *(Day 1 to Week 6)*

##### *Goals:*

Allow soft tissue healing  
Diminish pain and inflammation  
Initiate protected motion  
Retard muscle atrophy  
Protect and teach biceps traction on repair

#### **Week 0 -2:**

Abduction sling for first two weeks  
    (Up to 4 weeks in patients with MDI)  
Sling at night for 2 weeks  
***Any signs of Capsulitis - NOTIFY MD***

##### ∞ **Exercises:**

Hand gripping exercises  
Elbow and wrist ROM  
AROM of cervical spine  
Passive and AAROM Exercises:  
    Elevation to 90 degrees  
    IR in scapular plane (75 Degrees by 2 weeks)  
    ER in scapular plane (75 degrees by 2 weeks)  
Rope and Pulley (Flexion), AAROM  
Cryotherapy to control pain  
Submaximal isometrics  
Rhythmic Stabilization Exercises at 7 days  
Proprioception and Neuromuscular control drills  
  
Light biceps in adduction, but not in abduction

#### **Week 3-4:**

∞ **Sling without abduction pillow**  
∞ **Range of Motion Exercises (AAROM, PROM, AROM)**

Elevation to advanced to 160 degrees  
IR, in scapular plane, to full motion  
ER, in scapular plane, to 75 degrees by week 4  
At week 4, begin ER/IR at 90 degrees of abduction

- ∞ **Strengthening Exercises:**
  - Initiate LIGHT isotonic Program
  - ER/IR Exercise tubing (Zero degree of abduction)
  - Continue Dynamic Stabilization Drills
  - Scapular strengthening exercises
  - Biceps/Triceps strengthening – less than 50% MAX
  - PNF D2 Flex/Ext manual resistance
  
- ∞ **Continue use of Cryotherapy and modalities to control pain**

### **Week 5-6:**

- ∞ Discontinue use of sling – except for at risk environment (ie school)
- ∞ **Continue** exercises listed above
- ∞ **Progress ROM to:**
  - Elevation to 145-160 degrees by week 6
  - ER at 90 degrees abduction 75-85 degrees
  - IR at 90 degrees abduction 65-70 degrees
- ∞ **Initiate Throwers Ten Strengthening Program**

## **PHASE II - INTERMEDIATE PHASE (Week 7 - 12)**

### **Goals:**

Restore full ROM Week 7  
Restore functional ROM Week 10-11  
Normalize arthrokinematics

### **Week 7-8:**

- ∞ **Progress ROM to the Following:**
  - Elevation 180 degrees
  - ER at 90 ABD to 90-100 (week 8)
  - IR at 90 ABD to 70-75 degrees
  
- ∞ **Continue strengthening program**
- ∞ **Allow to advance biceps strengthening as pain permits (no overhead biceps strengthening until week 10)**
  
- ∞ **Strengthening Exercises:**
  - Continue Throwers Ten

Continue Manual Resistance, Dynamic Stabs,  
Initiate Plyometrics (Two hand drills)

**Week 9-12:**

- ∞ **Progress ROM to the overhead athlete's demands**  
(Complete gradually from weeks 9 to 12)
- ∞ **Strengthening Exercises**
  - Progress Isotonic Program
  - May initiate more aggressive strengthening
    - Push ups
    - Shoulder press
    - Bench press
    - Pull downs
    - Single Arm Plyometrics

**PHASE III - ADVANCED ACTIVITY AND STRENGTHENING PHASE**  
**(weeks 12-20)**

**Goals:** Improve strength, power, endurance  
Enhance neuromuscular control  
Functional activities

**Criteria to enter Phase III:**

- ∞ Full range of Motion
- ∞ No pain or tenderness
- ∞ Muscular strength 80% of contralateral side

**Week 12-16:**

- ∞ **Continue all strengthening exercises**
  - Isometrics
  - Plyometrics
  - Neuromuscular control / dynamic drills
- ∞ **Self capsular stretching, AROM, Passive Stretching**
- ∞ **Initiate Interval Sports Program (sports specific)**

**Week 16 - 20:**

- ∞ **Continue all strengthening exercises**
- ∞ **May resume normal training**
- ∞ **Continue sports specific strengthening program**
- ∞ **Progress interval program**

## **PHASE IV: RETURN TO ACTIVITY PHASE week 22-26:**

**Goals:** Gradual return to unrestricted activity  
Maintain static and dynamic stability of shoulder

### **Criteria to enter Phase IV:**

- ∞ Full functional Range of Motion
- ∞ No pain or tenderness
- ∞ Satisfactory Muscular strength
- ∞ Satisfactory Clinical exam

### **Exercises:**

Continue ROM  
Continue Strength  
Competition