

# 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