

REHABILITATION PROTOCOL FOR ARTHROSCOPIC SLAP REPAIR

APPOINTMENTS:

- Clinic appointments at 8 to 11 days, then at 6 weeks, 12 weeks, 18 weeks and possibly 24 weeks
- Physical therapy appointment starting at 2 weeks

ACUTE PHASE: surgery to 4 weeks post-op

- Immobilize shoulder in sling for 3 weeks then wean out of sling
- Remove sling 5 times a day to work on range of motion exercises for the hand, wrist and elbow and work on shoulder shrugs and pendulum exercises
- Ice as needed
- Begin physical therapy at 2 weeks:
 - Gentle passive motion exercises limited to 90 degrees of flexion, 90 degrees of abduction and neutral external rotation
 - Isometrics for extension, adduction/abduction, and internal rotation/external rotation
 - Modalities as needed – heat, ice, ultrasound

PHASE I: 4 to 6 weeks post-op

- Continue pendulum exercises and isometrics at home
- Advance physical therapy to include:
 - PROM cane exercises and towel exercises for flexion/extension, adduction/abduction and ER/IR-
 - Pulleys for flexion and abduction
 - AAROM for flexion limited to 90 degrees, extension, abduction/adduction and ER/IR
 - Gradually begin AROM exercises but **NO ACTIVE FLEXION AGAINST RESISTANCE** until 6 weeks post-op
 - Begin scapular motion: elevation, depression, protraction/retraction

PHASE II: 6 to 12 weeks post-op

- Continue P/AA/AROM exercises without ROM restrictions; FROM expected at 8 weeks
- Begin PRE's for flexion/extension, abduction/adduction, and ER/IR
- Begin closed kinetic chain exercises and scapular strengthening (rows, wall push-ups, slideboard)
- Progress to global strengthening

PHASE III: 12 to 18 weeks post-op

- Endurance rotator cuff and anterior shoulder strengthening and eccentric posterior rotator cuff strengthening
- May begin gentle provocative exercise and light conditioning for sport/work

PHASE IV: 18 to 24 weeks post-op

- Advance to aggressive provocative overhead strengthening
- Begin work-related or sports-specific conditioning
- Progress to work hardening/FCE if appropriate
- Goal of return to work without restrictions at 6 months post-op
- Return to sports when strength and flexibility are within normal limits and when functional rehabilitation has been completed