

ARTHROSCOPIC SLAP REPAIR

WEEK 0-3

- pendulums, ROM elbow, wrist and hand
- PROM: scapular plane elevation to 90°; ER to 40°
- Scapula AROM: elevation and retraction

WEEK 3-4

- PROM: scapular plane elevation to 140°; ER to 60°; IR
- AAROM: scapular plane elevation and ER to above limits Pulleys
- Scaption isometrics @ 30dg (against gravity)

WEEK 4-6

- PROM: scapular plane elevation to 165°; ER to 70°
- AROM: scaption- supine @ 4wks, standing @ 5wks
- Sidelying ER
- Bodyblade: scaption @ 0°, ER/IR - * not aggressive*
- Dynamic weightbearing on ball (bilateral)

WEEK 6-8

- PROM: scapular plane elevation to full; ER to FULL
- ER/IR with resistive tubing
- ER/IR standing with weight
- Resisted scaption
- Upper Body Ergometer
- PNF D2 diagonal – AROM to light resistance

WEEK 8-10

- PROM: to tolerance including cocking (ER @ 90° ABD)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weightbearing on ball (unilateral)

WEEK 10+

- Rebounder cocking and backhand toss
- Push ups
- Increase speed of training
- Increase emphasis on eccentric control of cocking