ARTHROSCOPIC SLAP LESION REPAIR (TYPE II)

PHASE I - IMMEDIATE POSTOPERATIVE PHASE (Postoperative Day 1 to Week 6)

Goals:
• Protection of anatomic SLAP repair
• Control postoperative pain / inflammation
• Promotion of shoulder musculature contraction
• Retard muscular atrophy
• Early controlled motion glenohumeral / scapulothoracic joints

Weeks 0 - 2
• Sling 4 weeks or per MD recommendation
• Sleep in shoulder sling / brace for 4 weeks
• Elbow, wrist, hand ROM, gripping exercise
• PROM / light AAROM glenohumeral joint
  o Flexion to 60° (week1)
  o Flexion to 70°-75° (week2)
  o ER to 10°
  o IR to 30°
• Submaximal isometrics for shoulder musculature (no biceps)
• No active shoulder ER / Extension /Abduction
• Initiate proprioceptive training end of week 1

Week 3-4
• Discontinue sling / immobilizer at 3-4 weeks or per MD recommendation
• Continue PROM / AAROM (progression based on evaluation of patient and subjective patient report)
  o Flexion to 90°
  o Abduction to 80°
  o ER to 30°
  o IR to 40°
• Initiate scapular neuromusculature reeducation (rhythmic stabilization)
• Continue shoulder isometrics (no bicep contractions)
• Initiate shoulder isotonic program at 0° of shoulder abduction ER / IR
• Cryotherapy with progression to thermal (heat) at week 3
Week 5 - 6
- Gradually improve ROM of shoulder
  - Flexion to 145°
  - ER at 45° abduction: 45°-50°
  - ER at 45° abduction: 55°-60°
  - At 6 weeks begin slow progression toward ER at 90° abduction progress to 30°-40° ER
- May initiate stretching exercises
- Continue isotonic tubing ER/IR (arm at side)
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- NO Biceps Strengthening

Phase II – Intermediate Phase: Moderate Protection Phase (Week 7 - 14)

Goals:
- Gradually restore full ROM (week 10-12)
- Protect the integrity of the surgical repair
- Restore muscular strength and balance

Week 7 - 9
- Gradually progress ROM:
  - Flexion to 180°
  - ER at 90° abduction: 90°-95°
  - IR at 90° abduction: 70°-75°
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate Throwers Ten Program

Week 10 - 12:
- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
  - ER at 90° abduction: 110°-115° in throwers (Week 10-12)
- Progress isotonic strengthening exercises to include manual resistance
- Continue all stretching exercises **Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises
Phase III – Minimal Protection Phase (Week 14 - 20)

Goals:
• Establish and maintain full ROM (throwers motion)
• IMPROVE muscular strength
• INITIATE power and endurance. Gradually initiate functional activities

Criteria to enter Phase III:
• Full non-painful ROM
• Satisfactory stability
• Muscular strength (good grade or better)
• No pain or tenderness

Week 14 - 16
• Continue all stretching exercises (capsular stretches)
• Maintain Throwers Motion (emphasis on shoulder ER)
• Continue strengthening exercises:
  o Throwers Ten Program with progression to Advanced Throwers Program
  o PNF Manual Resistance
  o Endurance training (stabilization/perturbation at end range 90/90 position)
  o Initiate light plyometric program
  o Restricted sport activities (light swimming, half golf swings)

Week 16 - 20
• Continue all exercise listed above
• Continue all stretching
• Continue Throwers Ten Program / Advanced Throwers 10 program
• Continue Plyometric Program (90/90 positioning plyos)
• Initiate interval sport program (throwing)
  **See interval Throwing Program

Phase IV – Advanced Strengthening Phase (Week 20 - 26)

Goals:
• Enhanced muscular strength, power and endurance
• Progress functional activities
• Maintain shoulder mobility
Criteria to enter Phase IV:
• Full non-painful ROM
• Satisfactory static stability
• Muscular strength 75-80% of contralateral side
• No pain or tenderness

Week 20 - 26
• Continue flexibility exercises
• Continue isotonic strengthening program
• PNF manual resistance patterns
• Plyometric strengthening
• Progress interval sport programs

Phase V – Return to Activity Phase (Month 6 to 9)

Goals:
• Gradual return to sport activities
• Maintain strength, mobility and stability

Criteria to enter Phase V:
• Full functional ROM
• Muscular performance isokinetic (fulfills criteria)
• Satisfactory shoulder stability upon examination
• No pain or tenderness

Exercises:
• Gradually progress sport activities to unrestricted participation
• Continue stretching and strengthening program