

Arthroscopic SLAP Lesion Repair (Type II)

Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 8)

- Goals: Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability
Diminish pain and inflammation

Week 0-2:

- Sling for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/Hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercises
 - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
 - Elevation in scapular plane to 60 degrees
 - ER/IR with arm in scapular plane
 - ER to 10-15 degrees
 - IR to 45 degrees
 - **NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO Isolated Biceps Contractions
- Cryotherapy, modalities as indicated

Week 3-4

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
 - Flexion to 90 degrees
 - Abduction to 75-85 degrees
 - ER in scapular plane to 25-30 degrees
 - IR in scapular plane to 55-60 degrees
 - **NOTE: Rate of progression is based on evaluation of the patient
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 9 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

Week 5-6

- Gradually improve ROM
 - Flexion to 145 degrees
 - ER at 45 degrees abduction: 45-50 degrees
 - ER at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees abduction
- Continue tubing ER/IR (arm at side)
- PNF manual resistance
- 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)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Week 7-9

- Gradually progress ROM:
 - Flexion to 180 degrees
 - ER at 90 degrees abduction: 90-95 degrees
 - IR at 90 degrees abduction: 70-75 degrees
- 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 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- 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
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to enter Phase III:

1. Full non-painful ROM
2. Satisfactory stability
3. Muscular Strength (good grade or better)
4. No pain or tenderness

Week 14-16

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises
 - Throwers Ten Program or Fundamental Exercises
 - PNF Manual Resistance
 - Endurance Training
 - Initiate light plyometric program
 - Restricted sport activities (light swimming, half golf swings)

Week 16-20

- Continue all exercises listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc.)
- **See Interval Throwing Program

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

Goals: Enhance muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to Enter Phase IV:

1. Full non-painful ROM
2. Satisfactory static stability
3. Muscular strength 75-80% of contralateral side
4. 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 and activities
Maintain strength, mobility and strength

Criteria to enter Phase V:

1. Full functional ROM
2. Muscular performance isokinetic (fulfills criteria)
3. Satisfactory shoulder stability
4. No pain or tenderness

Exercises:

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program