

SLAP Repair Rehab Protocol

There are no specific time guidelines to progress the patient through each phase. However, it is important to review the Phase duration guidelines proposed and not progress the patient too quickly. The therapist must take into consideration the individual patient's healing rate; extent of surgery; subjective and objective findings before advancing to the next phase.

For Throwing Athletes: Throwing should only begin when full pain free range of motion and full strength is achieved.

Phase I (Weeks 0 to 4)

Goals

- **Protect surgical repair**
- Decrease pain and inflammation
- Home exercise program
- Patient education

Brace

- UltraSling 0 to 4 weeks (usually three weeks; check with Dr. Lavery if physical therapist unsure)

Range of Motion

- Begin passive range of motion; limit to 90° flexion and abduction

Exercise

- Pendulum exercises (at two to three weeks)
- Pulleys (at two to three weeks)
- Elbow, wrist and hand exercises
- Cervical spine stretches
- Scapular mobilization and strengthening as soon as possible
- Light isometric activity
- Aquatic physical therapy if available
- Modalities as needed

Phase II (Approximately Weeks 4 to 6)

Goals

- Control pain and inflammation
- Improve functional range of motion
- Increase strength
- Home exercise program

Range of Motion

- Modalities as necessary
- Begin increasing forward elevation (flexion in scapular plane) beyond 90°
- Joint Mobilization: Avoid aggressive mobs/avoid inferior and anterior; external rotation directions (avoid aggressive posterior mobs if posterior repair)
- Active assistive range of motion

Exercise

- Aquatic therapy if available
- Isometric rotator cuff strengthening progressing to gentle resisted exercise
- Biceps, triceps and scapular strengthening

Phase III (Weeks 8 to 16)**Goals**

- Near-full range of motion
- Improve strength and neuromuscular control (80% normal strength)
- Progress activity specific exercises
- Good scapulo-humeral rhythm

Range of Motion

- Passive range of motion
- Joint mobilization

Exercise

- Progress rotator cuff and scapular strengthening
- Machine weighted strengthening
- Gentle proprioceptive neuromuscular facilitation, eccentric cuff strengthening
- Biodex testing/training if requested by Dr. Lavery

Phase IV (Week 24 and Beyond)**Goals**

- Full range of motion
- Improve strength (100%)
- Return to sport

Exercise

- Progress strengthening, coordination and endurance exercise
- Sport/activity specific exercise