

# SLAP REPAIR REHAB GUIDELINES

PAUL B MCLENDON, MD



*Riverside Orthopedics and Sports Medicine*

**INDIVIDUAL CONSIDERATIONS:** please check op report for information regarding procedure and sling usage; if more than 1 procedure follow more conservative protocol

## **PHASE 1 (0-6 weeks)**

### **Post-op day 14 PT eval:**

- Remove post-op bandages!!!, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Take off sling and assess PROM per protocol parameters
- Teach sling usage, need to avoid active ROM, use of ice

### **Sling Use**

- Use constantly, only remove for showers/hygiene and pendulums/PT exercises; may begin to wean from sling at 2 weeks

### **Goals at 6 weeks:**

- Control inflammation and pain—cryocuff 3-4 times a day
- Restored ROM

### **THERAPEUTIC EXERCISES:**

- PROM of wrist and elbow
- Ball squeezes
- UT and levator stretching
- PROM of shoulder to tolerance with exception of ER-- limit ER to 30\* at neutral for 4 weeks and progress to 45\* at neutral by 6 weeks
- At 4 weeks progress to AAROM per pt tolerance and gradually begin AROM per pt tolerance once AAROM is WFL/WNL
- STM for pain-control
- Elbow and wrist AROM exercises

## **PHASE 2 (6-10 weeks)**

### **Criteria:**

- Full pain-free PROM with exception of ER

**Goals:**

- Full, pain-less PROM and AROM
- Begin strength

**THERAPEUTIC EXERCISES:**

- AROM and PROM- all directions
  - Progress ER to full in neutral and 90\*
- Posterior capsule stretching
- Begin light strength activities
  - IR/ER with tubing (begin at side and may progress to 90/90) and s/l with weight
  - Prone ITY, row
  - Standing ITY
  - D2 diagonal with TB, B ER with TB, hori abd with TB, wall walks, wall clocks, ball on wall, ect

**PHASE 4: (10+ weeks)****Criteria:**

- Full PROM and AROM, pain-free

**Goals:**

- Progress/normalize strengthening
- Functional Activities by 3 mo
- Return to sport 6-9 mo (depending on sport)
- UE Y balance >95% LSI

**THERAPEUTIC EXERCISES:**

- Stretching and PROM as needed
- Continue to progress strengthening- correct UT compensation and shoulder/scap hiking
  - Standing ITY
  - IR and ER with tubing—progress to 90/90
  - D2 diagonal standing or supine with PT OP
  - Body blade
  - TRX row, TY
  - Prone on swissball ITY
  - Prone row to ER to press
  - Progress weight machine (row, lat pull down, OH press, ect)
- Initiate light plyo activities at 12-16 weeks
- Initiate throwing program at 16-20 weeks
- Sport specific drills can initiate at 16-20 weeks