

SLAP Repair Protocol Dr. Rivers

RESTRICTIONS:

- Avoid AROM ABD, ER for 4 weeks; ER past 45° for 4 weeks
- Avoid overhead lifting for 6 weeks
- Avoid resisted elbow curls and pronation for 7 weeks

GOALS:

- Control pain and inflammation
- Regain normal upper extremity strength and endurance
- Regain normal shoulder ROM
- Achieve the level of function based on goals

Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 0-2	Weeks 2-4
<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Promote healing of tissue • Control pain and inflammation • gradual increase in ROM • Independent in HEP • Initiate muscle contraction <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • Patient to remain in sling • PROM to tolerance (ER / IR in scapular plane) • AAROM <ul style="list-style-type: none"> • T-bar (FLEX to 90°, ER to 20° in neutral, IR to tolerance) • Wall pulley to 90° of FLEX • Ball squeezes • Initiate shoulder isometrics 	<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Decrease pain and inflammation • Improve ROM • Retard muscle atrophy • Reestablish dynamic stability. <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • Patient may remove sling • Continue PROM to tolerance • Begin gentle scapular mobs • AAROM <ul style="list-style-type: none"> • T-bar (FLEX to 90°, ER to 20°, IR to tolerance) • Wall pulley FLEX to tolerance, ABD 90° • Wall crawls FLEX to tolerance • Continue shoulder isometrics • Elbow AROM • Isotonic triceps • AROM shoulder EXT to body plane • Begin dynamic stabs <ul style="list-style-type: none"> • Body blade neutral • Quadruped weight shifts

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Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 5-6	Weeks 6-9
<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Decrease pain and inflammation • Improve ROM • Retard muscle atrophy • Reestablish dynamic stability. <p><u>EXERCISES</u></p> <ul style="list-style-type: none"> • PROM to tolerance • AAROM <ul style="list-style-type: none"> • Wall pulley FLEX / ABD to tolerance • T-bar FLEX, ABD, IR to tolerance, ER to 60° • AROM <ul style="list-style-type: none"> • JOBE #1 - Shoulder FLEX to 90° • JOBE #2 - Shoulder EXT • JOBE #3 - Horizontal ABD • JOBE #4 - Shoulder ABD to 90° • JOBE #5 - Scaption to 90° • JOBE #6 - Shoulder shrugs • JOBE #7 - Side-lying ER • JOBE #8 - Side-lying IR • JOBE #9 - Horizontal ADD • Theraband IR / ER to neutral • Scapular strengthening <ul style="list-style-type: none"> • Protraction with light weight • Retraction with light weight • Depression with light weight • Elevation with light weight • Quadruped serratus stabs • UBE with light resistance • Manual stabs at 90° 	<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none"> • Minimize pain and swelling • Improve ROM • Improve upper extremity strength and endurance • Enhance neuromuscular control • Normalize arthrokinetics <p><u>EXERCISE</u></p> <ul style="list-style-type: none"> • PROM and AAROM to tolerance • AROM <ul style="list-style-type: none"> • FLEX to 180° • ABD to tolerance • ER @ 90° of ABD to 75° • IR @ 90° of ABD to tolerance • Isotonics <ul style="list-style-type: none"> • JOBE #1 - Shoulder FLEX to 120° • JOBE #2 - Shoulder EXT • JOBE #3 - Horizontal ABD • JOBE #4 - Shoulder ABD to 90° • JOBE #5 - Scaption to 90° • JOBE #6 - Shoulder shrugs • JOBE #7 - Side-lying ER • JOBE #8 - Side-lying IR • JOBE #9 - Horizontal ADD • T-band <ul style="list-style-type: none"> • Diagonal motions • Scapular strengthening <ul style="list-style-type: none"> • Seated retractions • Wall push ups • Supine protraction with tubing • GB stabs against wall • Body blade flex to 90° <ul style="list-style-type: none"> • Capsular stretching

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Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 10-12	Week 14-16
<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none">• Minimize pain and swelling• Improve ROM• Enhance neuromuscular control• Improve upper extremity strength and endurance• Normalize arthrokinetics <p><u>EXERCISES</u></p> <ul style="list-style-type: none">• Achieve full ROM by week 12• Continue all ROM exercises• Resisted diagonal stretching program• Continue with capsular stretching• UBE• Dynamic and rhythmic stabs• Begin isokinetic strengthening (5# - 10# w/ ER and 15# - 20# w/ IR, w/o pain)	<p>Dates: _____</p> <p><u>GOALS</u></p> <ul style="list-style-type: none">• Full ROM• Maximize upper extremity strength and endurance• initiate sports specific training/functional training• maximize neuromuscular control <p><u>EXERCISES</u></p> <ul style="list-style-type: none">• Continue all stretching programs• Continue all strengthening exercises• Core stabs program• Scapular strengthening program• Begin Throwers Ten program• ER / IR @ 90° with tubing• Two-handed plyometrics exercises

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Patient Name: _____ **ID #** _____

Date of Surgery: _____

Weeks 16-20

Dates: _____

GOALS

- Full ROM
- Maximize upper extremity strength and endurance
- maximize neuromuscular control
- initiate sports specific training/functional training

EXERCISE

- Continue all strengthening exercises
- Continue all stretching programs
- Initiate one-arm plyometrics
- Begin shadow throwing in mirror
- Initiate interval throwing program
- Advanced strengthening with weight machines
- F/u with Dr. for re-evaluation / release.

Bone & Joint Clinic, P.A.