



College Park Family Care Center, P.A.
Orthopedic Surgery

ARTHROSCOPIC SLAP REPAIR REHAB PROTOCOL

PHASE I

IMMEDIATE POST SURGICAL PHASE "PROTECTED MOTION" DAY 1-WEEK 4

Goals:

- protect the anatomic repair
- prevent/minimize side effects of immobilization
- promote dynamic stability
- diminish pain and inflammation

POST OP DAY #1- WEEK 4

- Shoulder immobilizer for 4 wks, discontinue at 4 wks
- Sleep in immobilizer

Week	Exercise	Goal
1-4	ROM	Gradual increase
	Passive range of motion flexion/extension	0-60d wk 1 0-75d wk 2 0-90d wk 3
	Passive range of motion scapular plane	
	ext rotation	0-15d wk 1
	int rotation as tolerated	0-30d wk 2-3
	pendulum exercises	
	rope/pulley (flex, abd, scaption)	
	wand exercises-all planes w/in limitations	
	posterior capsule stretch	
	manual stretching and grade I-II jt mobilizations	
	STRENGTH	
	Initiate submaximal isometrics	
	Initiate scapular stabilizer strengthening	
	Initiate UBE without resistance	
	MODALITIES	
	Estim PRN	
	Ice 15-20 min	

PHASE II

INTERMEDIATE PHASE MODERATE PROTECTION PHASE 4-6

Goals:

- gradually restore full AROM and PROM (week 8-10)
- preserve integrity of surgical repair
- restore muscular strength and balance

Week	Exercise	Goal
4-6	ROM Passive range of motion flexion/extension Passive range of motion scapular plane ext rotation int rotation as tolerated pendulum exercises rope/pulley (flex, abd, scaption) wand exercises-all planes w/in limitations posterior capsule stretch manual stretching and grade II-III to reach goals	Gradual increase 0-145 d 0-50d wk 6 Full ROM, wk 6
	STRENGTH Continue isometric activities as in Phase I Initiate supine rhythmic stabilization at 90 d flexion Initiate IR/ER at neutral with tubing Initiate forward flex, scaption, empty can Initiate sidelying ER and tricep strengthening	
	Push-up progression prone abduction with ext rotat shldr shrugs with resistance supine punches with resistance shldr retraction with resistance initiate UBE for endurance prone rows initiate light biceps curls at wk 3	
	MODALITIES Ice 15-20 minutes	

PHASE III

INTERMEDIATE PHASE MODERATE PROTECTION PHASE 6-12

Goals:

- establish and maintain full ROM
- preserve integrity of surgical repair
- improve muscular strength, power, endurance

Week	Exercise	Goal
4-6	ROM Continue all ROM activities from Phase II rope/pulley (flex, abd, scaption) wand exercises-all planes w/in limitations posterior capsule stretch manual stretching and grade III-IV mobs	full ROM
	STRENGTH continue all strengthening from previous phases increasing resistance and repetition initiate plyotoss chest pass	

initiate pnf patterns with theraband
 initiate ir/er exercises at 90 d abduction
 initiate isokinetic ir/er at neutral at wk 10-12
MODALITIES
 ice 15-20 minutes

PHASE IV

MINIMAL PROTECTION PHASE/ADVANCED STRENGTHENING PHASE 12-24

Goals:

- establish and maintain full ROM
- improve muscular strength, power, and endurance
- gradually initiate functional exercises, and progress to sports specific training/functional training
- maintained shoulder stability

Week	Exercise	Goal
4-6	ROM Continue all ROM activities from previous phases towel stretching posterior capsule stretch manual stretching and grade III-IV mobs as needed for full ROM STRENGTH progress strengthening program with increase in resistance and high speed repetition progress ewith eccentric strengthening of posterior cuff and scapular musculature intitate single arm plyotoss progress rhythmic stabilization activites to included standing PNF patterns with tubing UBE for strength and endurance initiate miliatry press, bench press, lat pulldown initiate sport specific drills and functional activites initiate interval throwing program week 16 initiate light plyometric program week 12-16 progress isokinetics to 90 d abduction at high speeds MODALITIES ice 15-20 minutes	full ROM