

Rehabilitation Guidelines for SLAP Repair

I. Early Protective Phase (0-4 weeks)

a. Goals:

- Protect surgical procedure
- Educate patient on procedure and therapeutic progression
- Regulate pain and control inflammation
- Initiate range of motion and dynamic stabilization
- Neuromuscular re-education of external rotators and scapulothoracic muscles

b. Treatment Plan (0-2weeks);

- Sling immobilization for 2-4 weeks;
- ✓• Gripping exercises
- ✓• Elbow, wrist and hand ROM
- ✓• Pendulum exercises
- ✓• PROM to AAROM
- IR/ER proprioception training (controlled range)
- Initiate gentle alternating isometrics for IR/ER in 0° abduction to scapular plane
- ✓• Initiate passive forward flexion to 90°
- Initiate scapular mobility

c. Treatment Plan (2-4 weeks);

- ROM Progression
 - Forward flexion to 110°- 130°
 - ER in scapular plane to 35° (position set @ time of surgery)
 - IR in scapular plane to 60°
- Progress sub-maximal alternating isometrics for IR/ER in scapular plane
- Initiate scapular strengthening
 - ✓ Manual scapula retraction
 - ✓ Resisted band retraction
 - No shoulder extension past trunk
- ✓• Deltoid isometrics in all directions
- Biceps/triceps strengthening
- Initiate light band work for IR/ER

d. Milestones for progression

- Forward flexion to 90°
- Abduction to 70°
- ER in scapular plane to 30°
- IR in scapular plane to 20°

- Tolerance of submaximal isometrics
- Knowledge of home care & contraindications
- Normalize mobility of related joints (AC/SC/ST)

II. Intermediate Phase (5-8 weeks)

a. Goals

- Normalize arthrokinematics
- Gains in neuromuscular control
- Normalization of posterior shoulder flexibility

b. Treatment Plan

- ROM Progression
 - Forward flexion to 150° - 165°
 - ER in scapular plane to 65°
 - Full IR in scapular plane
- Initiate joint mobilizations as necessary
- Initiate posterior capsular stretching
- Progress strengthening
 - IR/ER band in scapular plane
 - Side lying ER
 - Scaption full can (no weight if substitution patterns)
 - CW/CCW ball against wall
 - Body blade at neutral or rhythmic stabilization

c. Milestones for progression

- Forward flexion to 160°
- ER in scapular plane to 65°
- Full IR in scapular plane
- Symmetrical posterior capsule mobility
- Progressing isotonic strength with IR/ER in available range

III. Strengthening Phase (9 – 14 weeks)

a. Goals

- Normalize ROM
- Progression of strength
- Normalize scapulothoracic motion & strength
- Overhead activities without pain

b. Treatment Plan

- ROM Progression; stretching ER @ 90° of GH abduction
 - Within 10° of full AROM in all plans

- Progression of scapular retractors & stabilizers
 - Prone program; LT, MT, Rhmd
 - LT; scapular depression
- Progress strengthening
 - Challenging rhythmic stabilization
 - UBE
 - Initiate Isokinetic IR/ER in scapular plan
 - Initiate IR/ER @ 90° of GH abduction
 - Isotonic strengthening; flex, abduction
 - Closed kinetic chain exercise

c. Milestones for progression

- Within 10° of full active range in scapular plane
- Isometric strength IR/ER <50% deficit
- <30% strength deficits; primary shoulder muscles & scapular stabilizers

IV. Advanced Strengthening Phase (15 – 24 weeks)

a. Goals

- Pain free full ROM
- Improve muscular endurance
- Improve dynamic stability

b. Treatment Plan

- Maintain flexibility
- Progress strengthening
 - Advanced closed kinetic chain exercise
 - Wall push-ups; w/wo ball
 - Continue w/ overhead strengthening
 - Continue w/ isokinetic IR/ER strengthening; @ 90° of GH abduction
 - Advance isotonic strengthening
 - Advance rhythmic stabilization training in various ranges and positions
- Initiate Plyometric strengthening
 - Chest passes
 - Trunk twists
 - Overhead passes
 - 90°/90° single arm plyometrics

c. Milestones for progression

- Full pain free ROM
- Strength deficits < 20% for IR/ER @ 90° of GH abduction
- <20% strength deficits throughout

V. **Return to Activity & Sport Phase (4 -6 months)**

a. **Goals**

- **Pain free full ROM**
- **Normalized strength**
- **Return to sport/activity program**

b. **Treatment Plan**

- **Continue Isokinetic training**
- **Continue w/ stability training**
- **Advance plyometric training**
- **Continue w/ Closed kinetic chain exercise**

c. **Milestones for Activity**

- **Confidence in shoulder**
- **Strength deficits <10% throughout**
- **Full pain free range of motion**
- **Completion of return to sport/activity program**