

Postoperative Protocols - SLAP Repair

EARLY PHASE - PROTECTIVE (0 - 4 WEEKS)

GOALS

- Protect repair
 - Education patient on procedure and therapeutic progression
 - Regulate pain and control inflammation
 - Initiate ROM and dynamic stabilization
 - Neuromuscular re-education of external rotators and scapulothoracic muscles
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0 - 2 WEEKS

- Sling x 3 weeks
 - Gripping exercises
 - Elbow/wrist/hand ROM
 - Peldulums
 - PROM to AAROM
 - IR/ER proprioception training
 - Initiate gentle alternating isometrics for IR/ER in 0 deg scapular position
 - Initiate passive flexion 90
 - Initiate scapular mobility
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2 - 4 WEEKS

- Progress ROM: flexion to 120, ER 35 deg (scapular plane), IR 60 (scap plane)
- Progress sub-maximal alternating isometrics for IR/ER in scap plane
- Initiate scap strengthening, manual retraction, resisted band retraction
- Deltoid isometrics (ant/middle/post)
- Biceps/triceps strengthening
- Initiate light bandwork for ER/IR

INTERMEDIATE PHASE (WEEKS 5 - 8)

GOALS - NORMALIZE ARTHROKINEMATICS, GAIN NEUROMUSCULAR CONTROL, NORMALIZE POSTERIOR SHOULDER FLEXIBILITY

TREATMENT PLAN

- ROM progression: flexion to max, ER 65 (scap plane), full IR
- Initiate joint mobs, if necessary
- Initiate posterior capsular stretching
- Progress strengthening (IR/ER band scap plane, side lying ER, scaption full can, CW/CCW ball against wall, bony blade @neutral or rhythmic stabilization)

MILESTONES FOR PROGRESSION

- Flexion to 160
 - ER to 65 (scapular plane)
 - Full IR
 - Symmetric posterior capsule mobility
 - Progress isotonic strength with IR/ER in available range
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STRENGTHENING PHASE (9 - 14 WEEKS)

GOALS - NORMALIZE ROM, PROGRESSION OF STRENGTH, NORMALIZE ST MOTION & STRENGTH, OVERHEAD ACTIVITY WITHOUT PAIN

TREATMENT PLAN

- ROM Progression: stretching ER @ 90deg abduction, within 10 deg normal ROM in all planes;
- progression of scap retractors and stabilizers (prone program LT/MT/Rhmd), LT; scapular depression
- Progress strengthening - challenging rhythmic stabilization, UBE, Initiate isokinetic IR/ER in scapular pain, Initiate IR/ER @ 90 deg abduction, closed kinetic chain exercise

MILESTONES FOR PROGRESSION

- Within 10 degrees of full AROM in all planes
- Isometric strength IR/ER <50 % deficit
- <30% strength deficits, primary shoulder muscles and scap stabilizers



ADVANCED STRENGTHENING PHASE (15 - 24 WEEKS)

GOALS - PAIN FREE FULL ROM, IMPROVE UE ENDURANCE, IMPROVE DYNAMIC STABILITY

TREATMENT PLAN

- Maintain flexibility
- Progress strengthening - advance CKC, wall push-ups with/without ball, continue w/ overhead strengthening, continue with ISOK IR/ER strengthening @ 90 deg abduction, advance ISOT strengthening, advance rhythmic stabilization training in various ranges and positions
- Initiate plyometric strengthening, (chest passes, trunk twists, overhead passes, 90/90 single arm plyo)

C. MILESTONES FOR PROGRESSION - FULL PAIN FREE ROM, STRENGTH DEFICITS <20% FOR IR/ER @ 90DEG, <20% THROUGHOUT

RETURN TO SPORT (4 - 6 MONTHS)

GOALS - PAIN FREE FULL ROM, NORMALIZED STRENGTH, RETURN TO SPORT/ACTIVITY PROGRAM

TREATMENT PLAN

- Continue ISOK training, continue w/ stability training, advanced plyo training, continue with CKC

MILESTONES: CONFIDENCE IN SHOULDER, STRENGTH DEFICITS <10%, FULL PAIN FREE ROM, COMPLETION OF RETURN TO SPORT PROGRAM