

SLAP LESION REPAIR

Dr. Michael Thomas Edgerton

Phase I - Immediate Post-operative Phase "Restricted Motion" (day 1 – week 6)

Goals:

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability
- Diminish pain and inflammation

Day 1 – Week 2

- Sling for 4 weeks unless specified otherwise by surgeon including sleep
- HEP (no AROM for ER, abduction, or extension)
 - Elbow/Wrist ROM – assisted elbow flexion and no isolated bicep contraction
 - Hand gripping exercises
 - Gentle PROM and AAROM exercises with elbow bent
 - Flexion to 60 degrees (to 75 degrees at week 2)
 - Scaption to 60 degrees
 - ER to 10 – 15 degrees in slight scaption
 - IR to 45 degrees in slight scaption
- Submaximal isometrics for shoulder musculature
- No isolated bicep contractions
- Cryotherapy as needed

Week 3 – 4

- Discontinue use of sling at 4 weeks post-op per surgeon's orders
- HEP (No AROM for extension or abduction)
 - Continue gentle ROM exercises
 - Flexion to 90 degrees
 - Abduction to 75 – 85 degrees
 - ER to 25 – 30 degrees in slight scaption
 - IR to 55 – 60 degrees in slight scaption
- Initiate rhythmic stabilization drills
- Initiate IR/ER theraband at 0 degrees abduction
- Continue isometrics
- No isolated bicep contraction
- Cryotherapy as needed

Week 5 – 6

- Gradually improve ROM
 - Flexion to 145 degrees
 - ER to 45 – 50 degrees at 45 degrees abduction

- IR to 55 – 60 degrees at 45 degrees abduction
- May initiate gentle stretching exercises
- Continue theraband IR/ER at 0 degrees abduction
- Initiate AROM shoulder abduction (no resistance)
- Initiate bent over rowing and horizontal abduction
 - Start without weight and progress to light resistance
- No bicep strengthening

Phase II – Intermediate Phase - Moderate Protection Phase (weeks 7-14)

Goals:

- Gradually restore full ROM
- Preserve integrity of the surgical repair
- Restore muscular strength and balance

Week 7 – 9

- Gradually progress ROM as indicated
 - Flexion to 180 degrees
 - ER to 90 degrees
 - IR to 70 – 75 degrees at 90 degrees abduction
- Continue to progress isotonic strengthening program
- PNF strengthening can be initiated
- Initiate “Thrower’s Ten Program” if indicated
- Ok to initiate bicep isometrics unless Type IV

Week 10 – 14

- Progress AROM/PROM for ER to thrower’s motion
- ER 110 - 115 deg at 90 abduction for thrower’s
- Progress shoulder isotonic strengthening exercises
- Continue all stretching exercises as needed to maintain ROM
- Progress ROM to functional demands (i.e. overhead athlete)
- Type II repairs: begin gentle resisted biceps isotonic strengthening at week 12
- Type IV repairs: begin gentle sub maximal pain free bicep isometrics

Phase III - Minimal Protection Phase (weeks 14 – 20)

Goals:

- Establish and maintain full ROM
- Improve muscular strength, power, and endurance
- Gradually initiate functional exercises

Weeks 14 – 16

- Continue all strengthening exercises and capsular stretches
- Maintain thrower's motion (especially ER)
- Continue rotator cuff, periscapular, and shoulder strengthening exercises
- Type II repairs: progress isotonic biceps strengthening as appropriate
- Type IV and complex repairs: progress to isotonic biceps strengthening
- "Thrower's Ten" program with biceps exercises or fundamental exercises
- PNF manual resistance
- Endurance training
- Initiate light plyometric program
- Restricted sports activities (light swimming, half golf swings)

Weeks 16 – 20

- Continue all exercises listed above
- Continue all stretching
- Continue "Thrower's Ten" program
- Continue plyometric program
- Initiate interval sports program (i.e. throwing)

Phase IV: Advanced Strengthening Phase (weeks 20 - 26)**Goals:**

- Enhanced muscular strength, power, and endurance
- Progress functional activities
- Maintain shoulder stability

Weeks 20-26

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sports program

Phase V - Return to Activity Phase (months 6 - 9)**Goals:**

- Gradually progress sport activities to unrestrictive participation

Michael Thomas Edgerton, DO

Date

