

## University Orthopaedics/Physical Therapy SLAP Repair Rehabilitation Timeline

		<i>Timeline</i>
<b>Sling:</b>	Discharge sling after 3 weeks if patient is pain-free at rest	3 - 4 weeks
<b>PROM:</b>	• Shoulder Flexion: 0 - 110 degrees	0 - 2 week
	• Shoulder Flexion: 0 - 145 degrees Shoulder POS: 0 - 130 degrees	2 - 4 weeks
	• ER: 30 degs / IR: 50 degs (@ 45 degs POS)	
	• Shoulder Flexion/POS: 85% PROM ER: 50 degs / IR: 60 degs (@ 45 degs POS)	4 - 6 weeks
	• Shoulder Flexion/POS: PROM WNL ER: 80 degs / IR: WNL (@ 90 degs POS)	6 - 8 weeks
	• Shoulder Full AROM	8 - 12 weeks
<b>Muscle Strength</b>	<i>NO ACTIVE FIRING OF BICEPS</i> 4 /5 throughout shoulder 5 /5 throughout shoulder Isokinetic Strength: 90% of uninvolved Isokinetic Strength: 100% of uninvolved	0 - 4 weeks 8 weeks 12 weeks 16 weeks 26 weeks
<b>Functional Goals:</b>	Return to LE Sports (soccer, running, etc) Return to UE Sports (basketball, tennis, etc)	3 - 4 months 4 - 6 months

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**University Place Orthopaedics/Physical Therapy**  
**SLAP Repair Rehabilitation Protocol**  
*Phase I Weeks 0-4*

<b>Goals</b> By End of Week 4	<ul style="list-style-type: none"> <li>• Control Inflammation / Pain</li> <li>• Allow healing of surgically repaired tissue</li> <li>• PROM: Flexion- 145 degs, POS- 130 degs, ER- 30 degs, IR- 50 degs.</li> <li>• Normal glenohumeral joint mobility</li> <li>• Prevent atrophy of forearm and scapular musculature</li> </ul>	
<b>Evaluation</b>	<ul style="list-style-type: none"> <li>• Pain</li> <li>• PROM</li>   <li>• Surgical Portals</li> <li>• Glenohumeral Joint Mobility</li> </ul>	<b>Goals</b> Controlled Flexion- 145 degs POS- 130 degs ER- 30 degs (@45 degs POS) IR- 50 degs (@45 degs POS) Healing w/o infection Normal
<b>Treatment</b> <i>Week 0 - 2</i> 3-4 x's/day 3-4x's/day 3-4x's/day pm	<b>PROM</b> Pulleys (Shoulder flexion only) Pendulum Exercises ( cw, ccw, flexion/extension)  <b>Strengthening</b> Wrist/Hand PRE's  <b>Joint Mobilization</b> Posterior / Inferior glides (grade I & II, for pain control)  <b>Modalities</b> Cold Pack/Interferential Stimulation	 x 30 reps x 30 reps  3 x 10 reps  5 minutes  15 mins
<i>Week 2 - 4</i> 3-4 x's/day 3-4x's/day 3-4x's/day pm	<b>PROM</b> Pulleys (Shoulder flexion) Pulleys (Shoulder POS) Pendulum Exercises ( cw, ccw, flexion/extension)  <b>Strengthening</b> Wrist/Hand PRE's Scapular Retraction Isometrics ( Only to 0 degs. Of shoulder extension) RTC Isometrics (with forearm supported - If pain-free) Cardiovascular training for LE's  <b>Joint Mobilization</b> Posterior / Inferior glides (grade I & II, for pain control)  <b>Modalities</b> Cold Pack/Interferential Stimulation	 x 30 reps x 30 reps x 30 reps  3 x 10 reps 3 x 10 reps 3 x 10 reps 15+ minutes  5 minutes  15 mins

\*\*\* NO ACTIVE FIRING OF BICEP MUSCLES FOR 4 WEEKS \*\*\*



**University Place Orthopaedics/Physical Therapy**  
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*Phase 3 Weeks 8 - 12*

<b>Goals</b>  By End of Week 12	<ul style="list-style-type: none"> <li>• Eliminate Pain</li> <li>• AROM: WNL</li> <li>• Normal glenohumeral joint mobility</li> <li>• Muscle Strength - 5/5 throughout shoulder musculature</li> <li>• Normal scapulohumeral rhythm</li> </ul>	
<b>Evaluation</b>	<ul style="list-style-type: none"> <li>• Pain</li> <li>• AROM</li> <li>• Muscle Strength</li> <li>• Glenohumeral Joint Mobility</li> <li>• Scapulohumeral Rhythm</li> </ul>	<b>Goals</b> Controlled -->Eliminated WNL 5/5 MMT Normal Normal
<b>Treatment</b>  <i>Week 8 - 10</i>  3 - 4 x's/week  pm	<p><b>Strengthening</b></p> <p>PRE's</p> <ul style="list-style-type: none"> <li>a) Scapular Retractions (w/ limited shoulder extension)</li> <li>b) Scapular Protractions (serratus punch)</li> <li>c) Internal/External Rotation</li> <li>d) Plane of Scapula</li> <li>e) Shoulder flexion</li> <li>f) Bicep / Tricep</li> <li>g) UBE (forward / backward - 60 rpm's)</li> <li>h) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec)</li> </ul> <p><b>Proprioception</b></p> <p>PNF GHJ (diagnoi patterns w/ resistance)          Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p> <p>Cold Pack</p>	<ul style="list-style-type: none"> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>10 minutes</li> <li>2 sets x 10 reps each speed</li> </ul> <ul style="list-style-type: none"> <li>3 x 10 reps/ Hold 2 secs</li> <li>5 minutes</li> </ul> 15 mins
<i>Week 10 - 12</i>  3 - 4 x's/week  pm	<p><b>Strengthening</b></p> <p>PRE's</p> <ul style="list-style-type: none"> <li>a) CYBEX - Scapular Row Machine</li> <li>b) Scapular Protractions (serratus punch)</li> <li>c) Internal/External Rotation</li> <li>d) Plane of Scapula</li> <li>e) Shoulder flexion</li> <li>f) Bicep / Tricep</li> <li>g) Latissimus Pull</li> <li>h) Shoulder Press</li> <li>i) UBE (forward / backward - 60 rpm's)</li> <li>j) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec)</li> </ul> <p><b>Proprioception</b></p> <p>Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p> <p>Cold Pack</p>	<ul style="list-style-type: none"> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>3 x 10-15 reps/Hold 2 secs</li> <li>10 minutes</li> <li>3 sets x 15 reps each speed</li> </ul> 5 minutes  15 mins

**University Place Orthopaedics/Physical Therapy**  
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*Phase 4 Weeks 12 +*

<b>Goals</b> Week 16	<ul style="list-style-type: none"> <li>• Isokinetic Muscle Strength @16 weeks (90% of uninvolved)</li> <li>• Return to Sport Specific Training Drills</li> </ul>	
<b>Evaluation</b>	<i>Reassess at 16 wks</i> <ul style="list-style-type: none"> <li>• Clinical Examination (ROM,GHJ mob.,pain, SHR, etc.)</li> <li>• Isokinetic Muscle strength (Cybex 6000)</li> </ul>	<b>Goals</b> 90% of uninvolved
<b>Treatment</b>  Week 12 +  3-4 x's/week	<i>Home/Gym Exercise Program</i>  <b>Strengthening</b> <b>PRE's</b> <ol style="list-style-type: none"> <li>CYBEX - Scapular Row Machine</li> <li>Scapular Protractions (serratus punch)</li> <li>Internal/External Rotation</li> <li>Plane of Scapula</li> <li>Shoulder flexion</li> <li>Bicep / Tricep</li> <li>Latissimus Pull</li> <li>Shoulder Press</li> <li>UBE (forward / backward - 60 rpm's)</li> <li>CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec)</li> <li>Sport Specific Exercises</li> </ol> <b>Proprioception</b> Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization	3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 10 minutes 3 sets x 15 reps each speed
		5 minutes

<b>Goals</b> Week 20	<ul style="list-style-type: none"> <li>• Isokinetic Muscle Strength @20 weeks (95% of uninvolved)</li> <li>• Return to Sports</li> </ul>	
<b>Evaluation</b>	<i>Reassess at 20 wks</i> <ul style="list-style-type: none"> <li>• Clinical Examination (ROM,GHJ mob.,pain, SHR, etc.)</li> <li>• Isokinetic Muscle strength (Cybex 6000)</li> <li>• Sport Specific Testing</li> </ul>	<b>Goals</b> Normal 100% of uninvolved Normal for LE

<b>Goals</b> Week 26	<ul style="list-style-type: none"> <li>• Isokinetic Muscle Strength @26 weeks (100% of uninvolved)</li> <li>• Return to Sports</li> </ul>	
<b>Evaluation</b>	<i>Reassess at 26 wks</i> <ul style="list-style-type: none"> <li>• Clinical Examination (ROM,GHJ mob.,pain, SHR, etc.)</li> <li>• Isokinetic Muscle strength (Cybex 6000)</li> <li>• Sport Specific Testing</li> </ul>	<b>Goals</b> Normal 100% of uninvolved Normal for UE

**RETURN TO SPORTS IF CLINICAL EXAMINATION, STRENGTH, AND SPORT SPECIFIC TESTING ARE NORMAL**