



## After Arthroscopic Repair of Type 2 SLAP Lesions

### Rehabilitation Protocol

#### **Phase 1: Immediate Postoperative Phase - "Restrictive Motion" (Day 1-Week 6)**

##### Goals

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

##### Weeks 0-2

- ❖ Sling for 4 weeks
- ❖ Sleep in immobilizer for 4 weeks
- ❖ Elbow and hand ROM
- ❖ Hand-gripping exercises
- ❖ Passive and gentle active-assisted ROM exercise
  - ✓ Flexion to 60 degrees (week 2: flexion to 75 degrees)
  - ✓ Elevation in scapular plane to 60 degrees
  - ✓ External and internal rotation with arm in scapular plane
  - ✓ External rotation to 10-15 degrees
  - ✓ Internal rotation to 45 degrees
  - ✓ *Note:* No active external rotation or extension or abduction
- ❖ Submaximal isometrics for shoulder musculature
- ❖ NO isolated biceps contractions
- ❖ Cryotherapy, modalities as indicated

##### Weeks 3-4

- ❖ Discontinue use of sling at 4 weeks
- ❖ Sleep in immobilizer until week 4
- ❖ Continue gentle ROM exercises (passive ROM and active-assisted ROM)
  - ✓ Flexion to 90 degrees
  - ✓ Abduction to 75-85 degrees
  - ✓ External rotation in scapular plane to 55-60 degrees
  - ✓ Internal rotation in scapular plane 55-60 degrees
  - ✓ *Note:* Rate of progression based on evaluation of the patient

- ❖ No active external rotation, extension, or elevation
- ❖ Initiate proprioception training
- ❖ Tubing external and internal rotation at 0 degrees abduction
- ❖ Continued isometrics
- ❖ Continued use of cryotherapy

#### Weeks 5-6

- ❖ Gradually improve ROM
  - ✓ Flexion to 145 degrees
  - ✓ External rotation at 45 degrees abduction: 45-50 degrees
  - ✓ Internal rotation at 45 degrees abductions: 55-60 degrees
- ❖ May initiate stretching exercises
- ❖ May initiate light (easy) ROM at 90 degrees abduction
- ❖ Continue tubing external and internal rotation (arm at side)
- ❖ PNF manual resistance
- ❖ Initiate active shoulder abduction (without resistance)
- ❖ Initiate full can exercise (weight of arm)
- ❖ Initiated prone rowing, prone horizontal abduction
- ❖ NO biceps strengthening

### **Phase 2: Intermediate Phase - Moderate Protection Phase (Weeks 7-14)**

#### Goals

- ❖ Gradually restore full ROM (week 10).
- ❖ Preserve the integrity of the surgical repair.
- ❖ Restore muscular strength and balance.

#### Weeks 7-9

- ❖ Gradually progress ROM.
  - ✓ Flexion to 180 degree
  - ✓ External rotation at 90 degrees abduction: 90-95 degrees
  - ✓ Internal rotation at 90 degrees abduction: 70-75 degrees
- ❖ Continue to progress isotonic strengthening program
- ❖ Continue PNF strengthening
- ❖ Initiate "Thrower's Ten" program

#### Weeks 10-12

- ❖ May initiate slightly more aggressive strengthening
- ❖ Progress external rotation to thrower's motion
  - ✓ External rotation at 90 degrees abduction: 110-115 in throwers (weeks 10-12)
- ❖ Progress isotonic strengthening exercises
- ❖ Continue all stretching exercises. Progress ROM to functional demands (i.e., overhead athlete)
- ❖ Continue all strengthening exercises.

### **Phase 3: Minimal Protection Phase (Weeks 14-20)**

#### Criteria for Progression to Phase 3

- ❖ Full non painful ROM
- ❖ Satisfactory stability
- ❖ Muscular strength (good grade or better)
- ❖ No pain or tenderness

#### Goals

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

#### Weeks 14-16

- ❖ Continue all stretching exercises (capsular stretches)
- ❖ Maintain thrower's motion (especially external rotation)
- ❖ Continue strengthening exercises
  - ✓ "Thrower's Ten" program or fundamental exercises
  - ✓ PNF manual resistance
  - ✓ Endurance training
  - ✓ Initiate light plyometric program
  - ✓ Restricted sport 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 sport program (e.g. throwing)

### **Phase 4: Advanced Strengthening Phase (Weeks 20-26)**

#### Criteria for progression to Phase 4

- ❖ Full nonpainful ROM
- ❖ Satisfactory static stability
- ❖ Muscular strength 75-80% if contralateral side
- ❖ No pain or tenderness

#### Goals

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

#### Weeks 20-26

- ❖ Continue flexibility exercises
- ❖ Continue isotonic strengthening program
- ❖ PNF manual resistance patterns
- ❖ Plyometric strengthening
- ❖ Progress interval sport programs

### **Phase 5: Return to Activity Phase (Months 6-9)**

#### Criteria for Progression to Phase 5

- ❖ Full functional ROM
- ❖ Muscular performance isokinetic (fulfills criteria)
- ❖ Satisfactory shoulder stability
- ❖ No pain or tenderness

#### Goals

- ❖ Gradual return to sport activities.
- ❖ Maintain strength, mobility, and stability.

#### Exercises

- ❖ Gradually progress sport activities to unrestrictive participation
- ❖ Continue stretching and strengthening program