

Arthroscopic SLAP Repair - Conservative Program

Name _____ DOS: _____

Dr. Petre _____ DX: _____

Week

	Phase I – Maximal Protection Passive Range of Motion (PROM)	Week															
		1	2	3	4	5	6	7	8	9	10	13	17	21	25		
PROM Restrictions FE: 120 x 3 weeks ER: 30 x 3 weeks IR: to abdomen ABD: 90 x 3 weeks Begin Full AROM: 6 weeks Sling 6 weeks	DATE																
	Scapular Retraction-Depression	•	•	•	•	•	•										
	Cervical ROM Exercises	•	•	•	•	•	•										
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•										
	Pendulums	•	•	•	•	•	•										
	Aqua Therapy for Gentle AAROM			•	•	•	•										
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•										
	Passive ROM																
	External Rotation					•	•										
	Forward Elevation & Scaption	•	•	•	•	•	•										
T.E.D. Hose 2 Weeks to prevent DVT Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28) X = Biceps Tenodesis	Abduction	•	•	•	•	•	•										
	Internal Rotation to Belt Line																
	Internal Rotation																
	Phase II-Minimal Protection Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
	Active Assist ROM																
	Internal & External Rotation					•	•	•	•	•	•	•	•	•	•		
	Forward Elevation & Scaption					•	•	•	•	•	•	•	•	•	•		
	Isometrics-Light																
	Internal/External Rotation					•	•	•	•	•	•	•	•	•	•		
	Biceps**/Triceps					X	•	•	•	•	•	•	•	•	•		
Precautions 1. Biceps Tenodesis - no resisted elbow flexion for 6 weeks 2. Avoid 90/90 stretching with previous instability for 6 weeks	Active ROM																
	Sidelying External Rotation					•	•	•	•	•	•	•	•	•	•		
	Forward Elevation & Scaption (lawn chair progression)					•	•	•	•	•	•	•	•	•	•		
	Salutes (lawn chair progression)					•	•	•	•	•	•	•	•	•	•		
	Prone Horizontal Abduction w/ ER					•	•	•	•	•	•	•	•	•	•		
	Prone Lower Trap to 60					•	•	•	•	•	•	•	•	•	•		
	Prone Extensions with ER					•	•	•	•	•	•	•	•	•	•		
	Open Chain Proprioception					•	•	•	•	•	•	•	•	•	•		
	Low Load Prolonged Stretches																
	Door Jam Series					•	•	•	•	•	•	•	•	•	•		
Activities of Daily Living (ADL's)	Towel Internal Rotation					•	•	•	•	•	•	•	•	•	•		
	Cross Arm Stretch					•	•	•	•	•	•	•	•	•	•		
	Sleeper Stretch					•	•	•	•	•	•	•	•	•	•		
	TV Watching Stretch							•	•	•	•	•	•	•	•		
	90/90 External Rotation Stretch							•	•	•	•	•	•	•	•		
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
	Eating/Drinking (Elbow motion ok)																
	Dressing																
	Washing/Showering	Use Uninvolved Arm Only															
	Computer with supported arm	•	•	•	•	•											
	Driving						•	•	•	•	•	•	•	•	•		
	Lifting up to 5 lbs.						•	•	•	•	•	•	•	•	•		
	Overhead Activity										•	•	•	•	•		
	Lifting greater than 5 lbs.										•	•	•	•	•		

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

Week															
Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation									●	●	●	●	●	●	
Internal Rotation									●	●	●	●	●	●	
Punches with a Plus									●	●	●	●	●	●	
Sport Cord Rows**									●	●	●	●	●	●	
Prone Lower Trap									●	●	●	●	●	●	
Bicep Curls**									●	●	●	●	●	●	
Triceps Extensions									●	●	●	●	●	●	
Initial Push-up Plus									●	●	●	●	●	●	
Initial Closed Chain Stability									●	●	●	●	●	●	
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45										●	●	●	●	●	
Bear Hugs										●	●	●	●	●	
External Rotation at 90										●	●	●	●	●	
Statue of Liberty										●	●	●	●	●	
Advanced Push-up Plus										●	●	●	●	●	
Advanced Closed Chain Stability												●	●	●	
PNF with Resistance												●	●	●	
Decelerations												●	●	●	
Plyometric External Rotation												●	●	●	
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS															
Skiing												●	●	●	
Throwing Progression												●	●	●	
Overhead and Serving Sports (tennis, volleyball)													●	●	
Contact Sports (football, hockey, lacrosse)													●	●	
Swimming													●	●	

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
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