SLAP Rehab Protocol
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<tr>
<th>TIMELINE</th>
<th>GOALS</th>
<th>EXERCISES/METHODS</th>
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| Early Post-operative Day 1 to day 10 | • Patient education  
• Permit capsule-ligamentous-labral healing  
• Control pain and inflammation  
• Prevent negative effects of immobilization and promote dynamic stability  
• Modalities for control of pain/inflammation  
• Educate patient on precautions | PENN Presbyterian  
a) Extension  
b) Functional IR  
c) Lifting with arm/elbow in extension  
d) External rotation with arm abducted to 90 deg  
e) WITH TENODESIS: avoid all resisted active motion of the elbow  
f) No resisted elbow flexion for 6 weeks  
g) no pulleys until AAROM  
PROM functional elevation/ER/IR/Abduction to tolerance  
Ice at home  
Teach patient regarding hygiene and dressing forward bending to allow arm to be away from body like a pendulum |
| Week 1-4 | 1) Scapular retraction depression protraction/elevation with manual resistance  
2) Cervical ROM exercises  
3) Elbow/Hand/Wrist ROM  
4) Pendulums  
5) Ankle pumps for DVT prevention  
6) Passive ROM shoulder and scapular  
   a) External rotation table slides  
   b) Forward elevation and scaption table slides  
   c) Abduction table slides  
   d) Internal rotation to belt line  
   e) Internal rotation  
7) Submax isometrics for RTC musculature (no biceps) at 2 weeks  
8) Scapular PNF at 2 weeks  
9) Manual therapy focusing on increasing posterior capsule mobility starting at week 3  
10) Starting at week 3 initiate rhythmic stabilization drills/propropriocpetive training shortend lever arm  
11) AROM at 4 weeks  
   a) SL ER  
   b) forward elevation and scaption  
   c) salutes  
   d) prone horizontal abduction w/ER  
   e) prone lower traps  
   f) prone ext with ER  
   g) Open chain proprioception |
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| **Week 5-6** | Work Towards full PROM Painless ROM | Low load prolonged stretches and scapular strengthening to plane of body at 5 weeks  
a) Towel IR  
b) Cross arm stretch  
c) Sleeper stretch  
d) prone rowing  
e) prone horizontal abduction  
f) Houston’s to plane of body  
g) door jam series @ 6 weeks  
h) TV watching stretch @ 6 weeks  
i) 90/90 ER stretch @ 6 weeks |
| **Goals/Restrictions/Milestones:** | | |
| Full passive forward elevation | |
| **Week 6-8** | 1) Decrease pain and inflammation  
2) Normal arthrokinematics of glenohumeral and scapulothoracic joint  
3) Increase active and passive shoulder mobility to normal  
4) Improve strength  
a) RTC and scapular stabilizers  
b) Extension | 1) Continue with above treatment  
2) Biceps isometrics  
3) UBE  
4) Light core strengthening  
5) Phase II stretching  
a) Extension  
b) UQ PNF  
7) Phase I strengthening  
a) External rotation  
b) Internal rotation  
c) Extension  
d) 4 way shoulder resistive band strengthening  
i) punches  
ii) extension  
iii) internal/external rotation at 0 deg  
8) Phase III initial resistance strengthening and proprioception at 7 weeks  
a) punch with a plus  
b) sport cord rows  
c) prone lower trap  
d) biceps curls  
e) triceps extensions  
f) initial push up plus  
g) initial closed chain stability |
| | 1) Continue with above treatment  
2) Biceps isometrics  
3) UBE  
4) Light core strengthening  
5) Phase II stretching  
a) Extension  
b) UQ PNF  
7) Phase I strengthening  
a) External rotation  
b) Internal rotation  
c) Extension  
d) 4 way shoulder resistive band strengthening  
i) punches  
ii) extension  
iii) internal/external rotation at 0 deg  
8) Phase III initial resistance strengthening and proprioception at 7 weeks  
a) punch with a plus  
b) sport cord rows  
c) prone lower trap  
d) biceps curls  
e) triceps extensions  
f) initial push up plus  
g) initial closed chain stability |
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<td>Week 8-12</td>
<td>1) Increase RTC and deltoid strength</td>
<td>1) Add phase II strengthening when at green TB for phase I strengthening</td>
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<td>2) Increase strength of scapular muscles</td>
<td>a) Abduction</td>
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<td>3) Increase total arm strength</td>
<td>b) Forward elevation</td>
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<td>a) Biceps light weights, slow progression</td>
<td>c) External rotation at 45 deg n the plane of the scapula</td>
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<td>b) Triceps</td>
<td>d) Progress strengthening to more provocative positions</td>
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<td>c) Forearms</td>
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<td>4) Initiate strengthening in provocative positions</td>
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<td>2) Body blade in non provocative positions and progress to functional positions</td>
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<td>3) Advance resistance strengthening and proprioception at 9 weeks</td>
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<td>a) ER at 45</td>
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<td>b) bear hugs</td>
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<td>c) ER at 90</td>
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<td>d) Statue of liberty</td>
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<td>e) advance push up plus</td>
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<td>f) advanced close chain stability</td>
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<td>g) PNF with resistance</td>
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<td>h) Decelerations</td>
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<td>i) Plyometric ER</td>
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<tr>
<td>Goals/Restrictions/Milestones:</td>
<td>1) Full non painful AROM</td>
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<td>2) Satisfactory stability</td>
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<td>3) Muscular strength (5/5)</td>
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<td>4) no pain or tenderness</td>
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<td>Weeks 12-16</td>
<td>1) Initiate return to sport or occupational activity</td>
<td>1) Body blade in OH positions</td>
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<td>2) CKC/OKC stability training</td>
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<td>3) Plyoball throwing</td>
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<td>4) Work specific or sport specific activities</td>
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**SHOWERING**

1. May Shower day 1 after surgery
2. Must “waterproof” surgical site for 5 days after surgery
3. No submerging wounds for 4 weeks

**WOUND CARE**

1. Remove everything except steri strips the day after surgery
2. Place clean gauze or op-site on wounds daily for 5 days

**MEDICATIONS**

1. Pain medicine only as needed. Wean off as soon as possible
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| High level Activity: 16+ weeks | 1) Advanced Return to sport or occupational activity | 1) Biomechanics of lifting to prevent biceps overload  
2) Sport specific training  
   a) Neuromuscular control  
   b) Strength  
   c) Proprioception  
   d) Core strengthening  
   e) Throwing program IF IR/ER strength ratio are 2/3s  
      i) with light tennis ball toss at 20-30 feet, max 60% velocity  
      ii) work on mechanics  
      iii) High speed isokinetics  
3) Proper use of gym equipment  
   a) Avoid exercises with arm behind plane of the body keep lat pull downs in front  
   b) Training for chest press/shoulder press machines first for decreased degrees of freedom |

Criteria for RTS:  
1) MD Okay  
2) Pass strength test  
3) Complete throwers program for throwers  
4) No pain with desired level of activities  
5) Time frames  
   a) Skiing at 17 weeks  
   b) Throwing progressions at 17 weeks  
   c) OH and serving sports at 21 weeks  
   d) Contact sports at 21 weeks  
   e) Swimming at 21 weeks