

ORTHOPEDIC AND SPORTS MEDICINE CENTER

SPORTS MEDICINE DIVISION
COMBINED REHAB PROTOCOLS



SLAP Rehab Protocol

Edited: Feb-16

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MEDICINE SPECIALISTS**

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TIMELINE

GOALS

EXERCISES/METHODS

<p>Early Post-operative Day 1 to day 10</p>	<ul style="list-style-type: none"> • 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 	<p>PENN Presbyterian</p> <ul style="list-style-type: none"> 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 <p>PROM functional elevation/ER/IR/Abduction to tolerance</p> <p>Ice at home</p> <p>Teach patient regarding hygiene and dressing forward bending to allow arm to be away from body like a pendulum</p>
<p>Week 1-4</p>	<ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 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/proprioceptive training shortend lever arm 11) AROM at 4 weeks <ol style="list-style-type: none"> 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 	

BRACING/SLING

- Sling for 6 weeks

ROM RESTRICTIONS

- Passive To Tolerance
- ER 45 for 6 weeks

WEIGHT BEARING

- 5lbs for 6 weeks
- 20 lbs from 6-12 weeks

OTHER RESTRICTIONS AND KEY CONSIDERATIONS

- None

TIMELINE

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EXERCISES/METHODS

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) Houstons 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 5) Trunk stability	1) Continue with above treatment 2) Biceps isometrics 3) UBE 4) Light core strengthening 5) Phase II stretching a) Extension 6) 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

BRACING/SLING

- Sling for 6 weeks

ROM RESTRICTIONS

- Passive To Tolerance
- ER 45 for 6 weeks

WEIGHT BEARING

- 5lbs for 6 weeks
- 20 lbs from 6-12 weeks

OTHER RESTRICTIONS AND KEY CONSIDERATIONS

- None

TIMELINE

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EXERCISES/METHODS

<p>Week 8-12</p>	<ol style="list-style-type: none"> 1) Increase RTC and deltoid strength 2) Increase strength of scapular muscles 3) Increase total arm strength <ol style="list-style-type: none"> a) Biceps light weights, slow progression b) Triceps c) Forearms 4) Initiate strengthening in provocative positions 	<ol style="list-style-type: none"> 1) Add phase II strengthening when at green TB for phase I strengthening <ol style="list-style-type: none"> a) Abduction b) Forward elevation c) External rotation at 45 deg n the plane of the scapula d) Progress strengthening to more provocative positions 2) Body blade in non provocative positions and progress to functional positions 3) Advance resistance strengthening and proprioception at 9 weeks <ol style="list-style-type: none"> a) ER at 45 b) bear hugs c) ER at 90 d) Statue of liberty e) advance push up plus f) advanced close chain stability g) PNF with resistance h) Decelerations i) Plyometric ER
<p>Goals/Restrictions/Milestones:</p> <ol style="list-style-type: none"> 1) Full non painful AROM 2) Satisfactory stability 3) Muscular strength (5/5) 4) no pain or tenderness 		
<p>Weeks 12-16</p>	<ol style="list-style-type: none"> 1) Initiate return to sport or occupational activity 	<ol style="list-style-type: none"> 1) Body blade in OH positions 2) CKC/OKC stability training 3) Plyoball throwing 4) Work specific or sport specific activities

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

TIMELINE

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EXERCISES/METHODS

<p>High level Activity: 16+ weeks</p>	<p>1) Advanced Return to sport or occupational activity</p>	<p>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</p>
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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