

Jeffrey Dean, MD
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ISOLATED SLAP REPAIR (Rehabilitative Guidelines)

Revised July 2003

Post-op Days 1 – 7

No PROM covered

Dressing – POD 2: Change dressing, remove pain pump, keep wound covered
- POD 7-10: Sutures out – Physical Therapy or Ortho

Sling at all times – even while sleeping
(Place pillow under shoulder while sleeping for comfort PRN)

Hand squeezing exercises

Elbow and wrist AROM with shoulder in neutral position at side

Ice PRN

Goals – Pain control

Days 7 – 14

No PROM neutral	Continue sling Resistive elbow/wrist exercises – no more than 3 lbs with shoulder in
	Modified pendulum exercises Active ER to tolerance <u>Supine</u> active IR to tolerance (pain-free) Supine AAROM flexion to 90 degrees only Supine AAROM abduction to 60 degrees only 1-2 Finger isometrics – 6 way Stationary bike (must wear sling)

Goals – Supine AAROM: Flex 90 degrees, Abduct 60 degrees
Pain control

Weeks 2 – 4

No PROM	Continue sling for comfort/safety – D/C at 4 wks Continue appropriate previous exercises Supine AAROM flexion to 120 degrees and abduction to 90 degrees
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Goals – D/C sling at 4 weeks
Supine AAROM: Flex 120 degrees, Abd 90 degrees

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Weeks 4 – 6

Continue appropriate previous exercises
Full pendulum exercises
Supine AAROM flexion to 150 degrees and abduction to 120 degrees
Initiate shoulder stabilization exercises
Submaximal isometrics

Goals - Supine AAROM: Flex 150 degrees
Abduct 120 degrees

Weeks 6 – 9

No running AAROM to full range, may begin pulleys
PROM, AROM as tolerated
UBE 10 mins forwards and 10 mins backwards at low resistance
Rotator cuff strengthening with Theraband:
 ER and IR arm at side with rolled towel in axilla
 Flexion to 90 degrees
 Scaption to 90 degrees
 Extension to 30-40 degrees
 Empty can to 60 degrees
Shoulder shrugs
Standing rows with Theraband
Push-up plus against wall
Body Blade
Ball toss with arm at side
Stairmaster
Elliptical trainer
Treadmill – Walking program
Begin Pool walking/jogging

Goals – Full AROM
Near normal rotator cuff strength

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Weeks 9 – 12

PROM as needed to regain full ROM if not already achieved
Continue appropriate previous exercises – increase resistance of Theraband
Rowing on Total Gym level 1-2 (arms at sides and 45 degrees)
Push-up progression – Wall to table
Treadmill – Running progression program

Goals – Rotator cuff strength WNL

Months 3 – 6

Continue appropriate previous exercises
May begin weight training – No overhead press or pull downs, No lateral lifts
Continue push-up progression – Table to chair to knees to regular
Stabilization/Proprioception exercises
– BAPS, Fitter, overhead ball toss, ball against wall
Begin outdoor running program

Goals – Resume to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op