



FOX VALLEY ORTHOPEDICS
SLAP REPAIR PROTOCOL

All surgeons:

Start PT @3 weeks

Sling use x 6 weeks

*Caution biceps strengthening for all repairs; avoid biceps strengthening for 4 weeks

PHASE 1

Week 3 start

- Sling use for 6 weeks
- PROM, AAROM, AROM gradual
 - Flexion / scaption 0-90, ER in scapular plane 0-30, IR as tolerated
 - AROM elbow, wrist
 - Pendulum exercises
 - AAROM pulley (flexion, scaption) within guidelines
 - AAROM wand exercises- all planes within limitations
 - UBE without resistance
- Strengthening
 - *No active biceps strengthening
 - Initiate submaximal glenohumeral joint isometrics- No elbow flexion, caution shoulder flexion
 - Initiate scapular stabilization- rows, shrugs, scapular depression, serratus
- Stretching
 - Posterior capsule stretching
- Manual techniques
 - Scapulothoracic, ACJ, and Grade I-II GHJ mobilizations
 - Soft tissue massage and scar mobilization
 - Posterior capsule stretching
- Modalities
 - Ice, electrical stimulation

PHASE 2

Week 4-6

- PROM, AROM gradual
 - Flexion / scaption 0-145
 - ER 0-50 by week 6
 - IR full by week 6
 - Continue with AAROM exercises progressing range as tolerated
 - Wall slides

SLAP REPAIR PROTOCOL

- Strengthening
 - Continue isometrics from Phase 1
 - Continue scapular stabilization, adding resistance
 - Initiate prone horizontal abduction, push-up with plus, prone / seated rows
 - Initiate triceps strengthening
 - May begin light bicep curls at week 4
 - Initiate flexion, scaption strengthening
 - Initiate IR / ER at neutral with tubing- progress to sidelying ER
- Stretching
 - Continue posterior capsule stretching; add towel IR stretch if indicated
- Manual techniques
 - Manual stretching, scapulothoracic, ACJ, and Grade II-III GHJ mobilization
 - Soft tissue massage
 - Posterior capsule stretching
 - Initiate supine rhythmic stabilization at 90 flexion
- Modalities
 - Ice, electrical stimulation

PHASE 3

Week 7-12

- PROM, AROM- full shoulder AROM all planes by 10-12 weeks
 - Continue PROM / AAROM exercises to achieve full ROM
- Strengthening
 - Progress strengthening program increasing resistance and repetitions
 - PNF patterns with tubing
 - Initiate plyoball toss, IR / ER with tubing at 90 abduction
 - 12-24 weeks- initiate bench press, military press- avoid shoulder hyperextension and exercises stressing anterior capsule
 - 4-6 months- initiate interval throwing program with MD clearance
- Stretching
 - Posterior / inferior capsule and pectoralis stretching
- Manual techniques
 - STJ, ACJ, Grade III-IV GHJ mobilization
 - Posterior capsule stretching
 - Continue rhythmic stabilization progressing to seated and various planes
 - Manual resisted PNF patterns
- Modalities as necessary