



SHOULDER S.L.A.P. REPAIR **(Superior Labrum Anterior-Posterior)**

I. PHASE I: Immediate postoperative phase “restrictive motion”

- GOALS:** Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability
Diminish pain and inflammation

WEEKS: 0-4

- Sling – constant for protection and sleeping
- PROM for full flexion - therapist only (Family instruction)
- PROM Abduction to 90° - therapist only (Family instruction) Dr. Marushack achieve full abduction.
- Cryotherapy – ice pack at home 10-20 minutes every 2 hours
- Isometric ER/ IR @ neutral
- 90/90 external and internal rotation

WEEKS: 5-6

- Out of sling
- AA flex – bar/pulley – Gradually progress ROM
- NO biceps
- Abduction beyond 90°
- Initiate exercise tubing ER/IR (arm at side)
- Scaption 1# - 2# barbell, pain free

PHASE II: Intermediate Phase

**GOALS: Gradually restore to full ROM
Preserve integrity of surgical repair
Restore muscular strength and balance**

WEEKS 7-9

- Gradually progress AROM
- Flexion to 180°
- ER at 90° Abduction – 70-75 degrees
- IR at 90° Abduction – 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening exercises
- Biceps for ADL's no strengthening

WEEKS 10-14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- Progress AROM to functional demands (i.e.: overhead athletes)

PHASE III: Minimal protection phase

**GOALS: Establish and maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities**

Criteria to enter Phase III:

1. Full nonpainful ROM
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. No pain or tenderness

WEEKS 15-18

- Continue all stretching exercises (capsular stretches)
- Continue Strengthening exercises:
 - Throwers Ten Program or fundamental exercises
 - PNF manual resistance
 - Endurance training
 - Initiate light plyometric program
 - Restricted sport activities (light swimming, half golf swings)

WEEKS 18-21

- Continue all exercise listed earlier

- Initiate interval sport program (throwing, etc.)