

Postoperative Rehabilitation SLAP Repair

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Phase I: 0-6 Weeks

Goals:

1. MAXIMUM protection of Biceps Tendon.
2. Minimize postoperative pain and swelling.
3. Facilitate full passive range of motion of non-surgical tissue.
4. Maintain muscle activity of all non-surgical tissue.
5. Independent with Home Exercise Program.

Immobilization:

1. In sling for 3-4 weeks at all times except for hygiene and therapeutic exercises. Then may wean out as pain tolerates.

ROM:

1. Flexion/Elevation 0-60 degrees week 1
0-90 degrees week 2
0-120 degrees week 4
0-160 degrees week 6
2. External rotation limited to:
0-15 degrees at neutral abduction week 1
0-30 degrees at neutral abduction week 2
0-45 degrees at 45 degrees abduction week 4
0-60 degrees at 60 degrees abduction week 6
3. Internal Rotation increase as tolerated.

Modalities:

1. Cryotherapy.
2. Pain modification.

Exercises:

1. Wrist and hand active ROM, overhead pulleys, table slides and pendulum for PROM.
2. Clinician directed PROM per guidelines above. Grade I-II joint mobs as indicated.
3. Submaximal isometrics at week 2 from neutral (progress intensity as tolerated)
4. May begin AAROM (wand or T-bar) and PRE's from neutral at week 3 pending tolerance.
5. Begin scapular stabilization (start in sidelying progressing to prone) at week 2-3.

6. NO ACTIVE BICEPS CONTRACTION FOR 6 WEEKS.
7. No resisted shoulder elevations-emphasize rotator cuff and scapular control in scaption.

Phase II: 6-12 Weeks

Goals:

1. Biceps tendon protection.
2. Facilitate full passive range of motion of all planes.
3. Maximize muscle strength of rotator cuff and scapular stabilizer muscles.
4. Enhance neuromuscular control and overall upper extremity strength and endurance.

ROM:

1. Progress to full, aggressively if deficits persist.
2. External rotation to 80-90 degrees at 90 abduction by week 8.

Modalities:

1. Cryotherapy.
2. Pain modification.

Exercises:

1. Overhead pulleys, pendulum, passive ROM as indicated.
2. Grade II-IV joint mobilizations as indicated.
3. Begin progressive Biceps activation and strengthening at week 6.
4. Rhythmic stabilization, body blade, and closed chain drills-push up progression.
5. Progress PRE's to maximize scapular and rotator cuff strength.
6. Total Arm Strengthening.
7. Plyometrics including weighted ball tosses.

Strength Testing:

1. Isokinetic testing of internal rotation/external rotation at 60 and 180 degrees/sec at week 12.
2. Desired goal is 25-30% Tq/BW for IR and 15-20% Tq/BW for ER.

Phase III: 3 Months +

Goals:

1. Protect subacromial space and rotator cuff tendons.
2. Maximize muscle strength of rotator cuff and scapular stabilizer muscles.
3. Continued protection of aggressive Bicep stresses.
4. Return to pain free functional sport and/or work activities.

ROM:

1. All should be full or aggressively pursuing at this time.

Exercises:

1. Emphasize progression of PRE's and TAS program.
 - a. Begin throwing program and/or overhead functional activities when internal rotation/external rotation strength at desired Tq/BW goals.
2. Progress eccentric strengthening and high speed repetitions.
3. Ease back into proper upper extremity weight lifting in gym if appropriate.

Strength Testing:

1. Continue testing monthly until goals met.

Return to Sport/Function:

1. Strength goals met.
2. Painfree.
3. Throwing program, Functional Progression and/or Work/Hardening completed.

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