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Therapist _____

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ARTHROSCOPIC DEBRIDEMENT OF SLAP LESION (TYPE I & III)

This rehabilitation program's goal is to return the patient/athlete to their activity/sport as quickly and safely as possible. The program is based on muscle physiology, biomechanics, anatomy and healing response.

I. PHASE I – MOTION PHASE (Day 1 to Day 10)

Goals: Re-establish non-painful Range of Motion
Retard Muscular Atrophy
Decrease pain/inflammation

Range of Motion: *Pendulums Exercise
 *Rope and Pulley
 *L-bar exercises
 - Flexion/Extension
 - Abduction/adduction
 - ER/IR (Begin at 0 degrees AB, progress to 45 degrees AB, then 90 degrees AB)
 *Self-stretches (capsular stretches)

Exercises: *Isometrics
 **NO BICEPS Isometrics for 5-7 days Post-op
 *May initiate tubing for ER/IR at 0 degrees AB late phase (usually 7-10 days post-op)

Decrease Pain/Inflammation: *Ice, NSAIDS, Modalities

II. PHASE II – INTERMEDIATE PHASE (Week 2-4)

Goals: Regain & Improve Muscular Strength
Normalize Arthrokinematics
Improve Neuromuscular Control of Shoulder Complex

Criteria to Progress to Phase II:

1. Full ROM
2. Minimal Pain & Tenderness
3. "Good" MMT of IR, ER, Flex

Week 2:

Exercises: *Initiate Isotonic Program with Dumbbells

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- Shoulder musculature
- Scapulothoracic
- Tubing ER/IR at 0 degrees Abduction
- Sidelying External Rotation
- Prone Rowing External Rotation
- PNF Manual Resistance with Dynamic Stabilization
- *Normalize Arthrokinematics of Shoulder Complex
 - Joint Mobilization
 - Continue Stretching of Shoulder (ER/IR at 90 degrees of Abduction)
- *Initiate Neuromuscular Control Exercises
- *Initiate Proprioception Training
- *Initiate Trunk Exercises
- *Initiate UE Endurance Exercises

Decrease Pain/Inflammation: *Continue use of modalities, ice, as needed

Week 3:

- Exercises:
- *Throwers Ten Program
 - *Emphasis Rotator Cuff & Scapular Strengthening
 - *Dynamic Stabilization Drills

II. PHASE III – DYNAMIC STRENGTHENING PHASE – Advanced Strengthening Phase (Week 4-6)

Goals: Improve Strength/Power/Endurance
Improve Neuromuscular Control
Prepare Athlete to begin to throw, etc.

Criteria to Enter Phase III:

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to contralateral side

- Exercises:
- *Continue Throwers Ten Program
 - *Continue dumbbell strengthening (supraspinatus, deltoid)
 - *Initiate Tubing Exercises in the 90/90 degree position for R/IR (slow/fast sets)
 - *Exercises for scapulothoracic musculature
 - *Tubing exercises for biceps
 - *Initiate Plyometrics (2 hand drills progress to 1 hand drills)
 - *Diagonal Patterns (PNF)
 - *Initiate Isokinetic Strengthening
 - *Continue endurance exercises: neuromuscular control exercises
 - *Continue Proprioception Exercises

III. PHASE IV – RETURN TO ACTIVITY PHASE (Week 7 and Beyond)

Goals: Progressively increase activities to prepare patient for full functional return

Criteria to Progress to Phase IV:

1. Full ROM
2. No pain or tenderness
3. Isokinetic Test that fulfills criteria to throw
4. Satisfactory Clinical Exam

Exercises: *Initiate Interval Sport Program (i.e., throwing, tennis, etc.)
*Continue all exercises as in Phase III
(throw and train on same day), (LE and ROM on opposite days)
*Progress Interval Program

Follow-up Visits:

- Isokinetic Tests
- Clinical Exam