

## ARTHROSCOPIC SLAP LESION REPAIR (TYPE II) WITH THERMAL CAPSULAR SHRINKAGE

### I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

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

#### Week 0-2:

- Sling for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Week 1: Flexion to 75 degrees (Week 2: Flexion to 90 degrees)
  - Elevation in scapular plane to 75 degrees
  - ER/IR with arm in scapular plane
  - ER to 10-15 degrees
  - IR to 45 degrees
- \*\*NO excessive ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- Initiate rhythmic stabilization drills (day 5)
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

#### Week 3-4:

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 115-120 degrees
  - Abduction to 90-100 degrees
  - ER in scapular plane and 35° abd to 35-45 degrees
  - IR in scapular plane and 35° abd to 55-60 degrees
- \*\*NOTE: Rate of progression based on evaluation of the patient.
- No excessive ER, Extension or Elevation
- Continue rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction (week 3)
- Continue isometrics
- Continue use of cryotherapy

**Week 5-6:**

- Gradually improve ROM
  - Flexion to 155-160 degrees
  - ER at 45 degrees abduction: 55-65 degrees
  - IR at 45 degrees abduction: 55-60 degrees
  - At 6 weeks begin light and gradual ER at 90° abduction – progress to 75° ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- PNF manual resistance
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- Progress to Throwers Ten program week 6
- NO Biceps Strengthening

**II. Phase II – Intermediate Phase: (Week 7-12)**

Goals: Gradually restore full ROM (week 8)  
Restore function ROM (week 10-12)  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance

**Week 7-8:**

- Gradually progress ROM:
  - Flexion to 180 degrees
  - ER at 90 degrees abduction: 90-100 degrees
  - IR at 90 degrees abduction: 60-65 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate AROM elbow flexion week 8

**Week 8-10:**

- Gradually increase ROM
  - ER at 90° abduction to 100-105 degrees
  - IR at 90° abduction to 60-65 degrees

**Week 10-12:**

- May initiate slightly more aggressive strengthening
- May progress isotonic elbow flexion week 12
- Progress ER to Throwers Motion from week 10-12
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises

- May begin 2-hand plyometrics week 12 (3-5 pounds)
  - Chest pass
  - Side to side throw
  - Overhead soccer throw
- Continue all stretching exercises  
\*\*Progress ROM to functional demands (i.e. overhead athlete)
- Progress isotonic strengthening program
- Continue Throwers Ten program

### III. Phase III – Advanced Activity and Strengthening Phase (Week 12-22)

Goals: Maintain full ROM

Improve muscular strength, power and endurance

Gradually initiate functional activities

Enhance neuromuscular control

Progress functional activities

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

#### Week 12-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
  - Throwers Ten Program or Fundamental Exercises
  - PNF Manual Resistance
  - Endurance training
- May initiate more aggressive strengthening
  - Push-ups
  - Bench press (DO NOT allow arm below body)
  - Seated row (DO NOT allow arm behind body)
  - Lat pulldowns (in FRONT of body)
- May progress plyometric throwing (14-18 days following initiation of 2-hand plyos)
  - 1-hand 90/90 throws (week 14)
  - wall dribbles
- Restricted sport activities (light swimming, half golf swings)

**Week 16-22:**

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- May resume normal training program
- Initiate interval sport program (throwing, etc) week 16  
\*\*See interval Throwing Program Phase I

**Week 22:**

- Continue isotonic strengthening, plyometrics, & flexibility
- Progress to Phase II interval throwing or sport specific training

IV. **Phase IV – Return to Activity Phase (Week 26)**

Goals: Gradual return to sport activities  
Maintain strength, mobility and dynamic stability

Criteria to enter Phase IV:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

**Exercises:**

- Gradually progress sport activities to unrestricted participation
- Continue stretching and strengthening program



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