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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

