

Therapist: _____

Phone: _____

ARTHROSCOPIC SLAP LESION REPAIR (TYPE II)

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
 - Flexion to 60 degrees (Week2: Flexion to 75 degrees)
 - Elevation in scapular plane to 60 degrees
 - ER/IR with arm in scapular plane
 - ER to 10-15 degrees
 - IR to 45 degrees
- ** NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- 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 90 degrees
 - Abduction to 75-85 degrees
 - ER in scapular plane to 25-30 degrees
 - IR in scapular plane to 55-60 degrees
- ** NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

Week 5 - 6

- Gradually improve ROM

- Flexion to 145 degrees
- ER at 45 degrees abduction: 45-50 degrees
- ER at 45 degrees abduction: 55-60 degrees
- 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
- NO Biceps Strengthening

II. Phase II - Intermediate Phase: Moderate Protection Phase (Week 7-14)

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

Week 7 - 9

- Gradually progress ROM:
 - Flexion to 180 degrees
 - ER at 90 degrees abduction: 90-95 degrees
 - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate Throwers Ten Program

Week 10 - 12

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
 - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- **Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises

III. Phase III - Minimal Protection Phase (Week 14-20)

Goals: Establish and maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate 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 14 - 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
 - Initiate light plyometric program
 - Restricted sport activities (light swimming, half golf swings)

Week 16 - 20

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)
**See Interval Throwing Program

IV. Phase IV - Advanced Strengthening Phase (Week 20-26)

Goals: Enhance muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter Phase IV

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Week 20 - 26

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns

- Plyometric strengthening
- Progress interval sport programs

V. Phase V - Return to Activity Phase (Month 6 to 9)

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

Criteria to enter Phase V:

- 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