ISOLATED SLAP REPAIR REHABILITATION PROTOCOL

This protocol was developed for patients who have had an isolated slap repair. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

PHASE I: 1 WEEK POSTOPERATIVE

GOALS: Protection and Pain Control

AMBULATION AND BRACE USE:
Sling x 6 weeks – Even while sleeping
Place pillow under shoulder / arm while sleeping for comfort

EXERCISES:
Hand squeezing exercises
Elbow and wrist active motion (AROM) with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
Ice pack

PHASE II: 1-2 WEEKS POSTOPERATIVE

GOALS:
• AROM Flexion to 90 degrees
• Abduction to 60 degrees

AMBULATION AND BRACE USE:
Continue sling x 6 weeks

EXERCISES:
Continue appropriate previous exercises
Full pendulum exercises
Active assist motion (AROM) supine with wand
– Flexion to 90 degrees
– Abduction to 60 degrees
– ER to 15 degrees/IR to 45 degrees
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

PHASE III: ~2-4 WEEKS POSTOPERATIVE

GOALS:
• AAROM Flexion to 120 degrees
• Abduction to 90 degrees

AMBULATION AND BRACE USE:
Continue sling x 6 weeks

EXERCISES:
Continue appropriate previous exercises
AROM supine with wand
– Flexion to 120 degrees
– Abduction to 90 degrees
– ER to 30 degrees
– IR to 60 degrees

PHASE IV: ~4-6 WEEKS POSTOPERATIVE

GOALS:
• AAROM Flexion to 150 degrees
• Abduction to 120 degrees

AMBULATION AND BRACE USE:
Continue sling x 6 weeks

EXERCISES:
Continue appropriate previous exercises
AROM (supine with wand, wall climbs)
– Flexion to 150 degrees
– Abduction to 120 degrees
– ER to 50 degrees
– IR to 60 degrees
Push-up plus against the wall
Treadmill – Walking progression program

PHASE V: ~6-9 WEEKS POSTOPERATIVE
GOALS:
- Full AROM
- 30 Wall pushups

AMBULATION AND BRACE USE: D/C Sling

EXERCISES:
Continue appropriate previous exercises
- AAROM, AROM through full range
- Begin pulleys prn
- Wand behind back for IR
- Rotator cuff strengthening with Theraband
  - ER and IR arm at side with rolled towel in axilla
  - Flexion & Abduction to 60 degrees
  - Scaption to 60 degrees
  - Extension to 30 degrees
- Standing rows with Theraband
- Resistive elbow / wrist exercises with light dumbbell
- Push-up progression – Wall
- Body Blade
- Ball on wall (arcs, alphabet)
- BAPS on hands
- UBE – Forwards and backwards at low resistance
- Elliptical trainer and stairmaster
- Pool walking / running – No UE resistive

PHASE VI: ~9-12 WEEKS POSTOPERATIVE

GOAL: Rotator cuff strength WNL

EXERCISES:
Continue appropriate previous exercises with increased resistance
PROM / mobilization as needed to regain full ROM

Seated row weight machine w/light weight
Push-up progression – Wall to table
Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool therapy – With UE resistance

PHASE VII: ~3-4 MONTHS POSTOPERATIVE

GOALS:
- Run 2 miles at easy pace
- 30 chair push-ups

EXERCISES:
Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Weight training with light resistance (no overhead press, pull downs, lateral lifts)
- Push-up progression – Table to chair

PHASE VIII: ~4-6 MONTHS POSTOPERATIVE

GOAL: Resume all activities

EXERCISES:
Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Gravitron – Pull-ups and dips
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

No contact sports until 6 months postop

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.**