

University Orthopedics, Inc.

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:

- AAROM 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 (AAROM) 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
AAROM 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
AAROM (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