

**University Orthopaedics/Physical Therapy**  
**SLAP Repair Rehabilitation Timeline**

		Timeline
<b>Sling:</b>	Discharge sling after 3 weeks if patient is pain-free at rest	3 - 4 weeks
<b>PROM:</b>	<ul style="list-style-type: none"> <li>• Shoulder Flexion: 0 - 110 degrees</li> <li>• Shoulder Flexion: 0 - 145 degrees</li> <li>• Shoulder POS: 0 - 130 degrees</li> <li>• ER: 30 degs / IR: 50 degs (@ 45 degs POS)</li> <li>• Shoulder Flexion/POS: 85% PROM</li> <li>• ER: 50 degs / IR: 60 degs (@ 45 degs POS)</li> <li>• Shoulder Flexion/POS: PROM WNL</li> <li>• ER: 80 degs / IR: WNL (@ 90 degs POS)</li> <li>• Shoulder Full AROM</li> </ul>	0 - 2 week 2 - 4 weeks  4 - 6 weeks  6 - 8 weeks  8 - 12 weeks
<b>Muscle Strength</b>	<i>NO ACTIVE FIRING OF BICEPS</i> 4 /5 throughout shoulder 5 /5 throughout shoulder Isokinetic Strength: 90% of uninvolved Isokinetic Strength: 100% of uninvolved	0 - 4 weeks 8 weeks 12 weeks 16 weeks 26 weeks
<b>Functional Goals:</b>	Return to LE Sports (soccer, running, etc) Return to UE Sports (basketball, tennis, etc)	3 - 4 months 4 - 6 months

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**University Place Orthopaedics/Physical Therapy**  
**SLAP Repair Rehabilitation Protocol**  
*Phase I Weeks 0 -4*

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Control Inflammation / Pain</li> <li>• Allow healing of surgically repaired tissue</li> <li>• PROM: Flexion- 145 degs, POS- 130 degs, ER- 30 degs, IR- 50 degs.</li> <li>• Normal glenohumeral joint mobility</li> <li>• Prevent atrophy of forearm and scapular musculature</li> </ul>	
<b>Evaluation</b>	<ul style="list-style-type: none"> <li>• Pain</li> <li>• PROM</li>   <li>• Surgical Portals</li> <li>• Glenohumeral Joint Mobility</li> </ul>	<b>Goals</b> Controlled Flexion- 145 degs POS- 130 degs ER- 30 degs (@45 degs POS) IR- 50 degs (@45 degs POS) Healing w/o infection Normal
<b>Treatment</b>		
<i>Week 0 - 2</i>		
3-4 x's/day	<b>PROM</b> Pulleys (Shoulder flexion only) Pendulum Exercises (cw, ccw, flexion/extension)	x 30 reps x 30 reps
3-4x's/day	<b>Strengthening</b> Wrist/Hand PRE's	3 x 10 reps
3-4x's/day	<b>Joint Mobilization</b> Posterior / Inferior glides (grade I & II, for pain control)	5 minutes
pm	<b>Modalities</b> Cold Pack/Interferential Stimulation	15 mins
<i>Week 2 - 4</i>		
3-4 x's/day	<b>PROM</b> Pulleys (Shoulder flexion) Pulleys (Shoulder POS) Pendulum Exercises ( cw, ccw, flexion/extension)	x 30 reps x 30 reps x 30 reps
3-4x's/day	<b>Strengthening</b> Wrist/Hand PRE's Scapular Retraction Isometrics ( Only to 0 degs. Of shoulder extension) RTC Isometrics (with forearm supported - If pain-free) Cardiovascular training for LE's	3 x 10 reps 3 x 10 reps 3 x 10 reps 15+ minutes
3-4x's/day	<b>Joint Mobilization</b> Posterior / Inferior glides (grade I & II, for pain control)	5 minutes
pm	<b>Modalities</b> Cold Pack/Interferential Stimulation	15 mins

**\*\*\* NO ACTIVE FIRING OF BICEP MUSCLES FOR 4 WEEKS \*\*\***

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**Phase 2 Weeks 4 - 8**

Goals By End of Week 8	<ul style="list-style-type: none"> <li>Control Inflammation / Pain</li> <li>PROM: Flexion/POS- WNL, ER- 80 degs, IR- WNL</li> <li>Normal glenohumeral joint mobility</li> <li>Muscle Strength - 4/5 throughout shoulder musculature</li> <li>Mild scapulohumeral rhythm imbalances</li> </ul>	
Evaluation	<ul style="list-style-type: none"> <li>Pain</li> <li>PROM</li> <li>Muscle Strength</li> <li>Glenohumeral Joint Mobility</li> <li>Scapulohumeral Rhythm</li> </ul>	<b>Goals</b> Controlled → Eliminated Flexion- WNL POS- WNL ER- 80 degs (@90 degs POS) IR- WNL (@90 degs POS) 4/5 MMT, except bicep- 3/5 Normal Mild Imbalance
Treatment  Week 4 - 6  1 - 2 x's/day  pm	<p><b>PROM</b></p> <p>Pulleys (Shoulder flexion/POS)  Table Stretch for external rotation  Towel Stretch for internal rotation  Cane Overhead Stretch</p> <p><b>Strengthening</b></p> <p>PRE's</p> <ol style="list-style-type: none"> <li>Scapular Retractions (w/ limited shoulder extension)</li> <li>Scapular Protractions (serratus punch)</li> <li>Internal/External Rotation</li> <li>Plane of Scapula</li> <li>Add UBE (if pain-free, seat on highest level, forward only)</li> </ol> <p><b>Proprioception</b></p> <p>PNF Scapular Patterns</p> <p><b>Joint Mobilization</b></p> <p>Posterior / Inferior / Anterior glides (grade III &amp; IV if limitations)</p> <p>Cold Pack</p>	x 30 reps x 10 reps/Hold 10 secs x 10 reps/Hold 10 secs x 10 reps/Hold 10 secs  3 x 10 reps/Hold 2 secs 3 x 10 reps/Hold 2 secs 5 minutes  5 minutes  5 minutes  15 mins
Week 6 - 8  1 - 2 x's/day  pm	<p><b>PROM</b></p> <p>Table Stretch for external rotation  Towel Stretch for internal rotation  Cane Overhead Stretch</p> <p><b>Strengthening</b></p> <p>PRE's</p> <ol style="list-style-type: none"> <li>Scapular Retractions (w/ limited shoulder extension)</li> <li>Scapular Protractions (serratus punch)</li> <li>Internal/External Rotation</li> <li>Plane of Scapula</li> <li>Shoulder flexion</li> <li>Bicep / Tricep</li> <li>Add UBE (if pain-free, add backward direction)</li> </ol> <p><b>Proprioception</b></p> <p>PNF GHJ ( rhythmic stabilization → diagonal patterns)  Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p> <p><b>Joint Mobilization</b></p> <p>Posterior / Inferior / Anterior glides (grade III &amp; IV if limitations)</p> <p>Cold Pack</p>	x 10 reps/Hold 10 secs x 10 reps/Hold 10 secs x 10 reps/Hold 10 secs  3 x 10-12 reps/Hold 2 secs 3 x 10-12 reps/Hold 2 secs 10 minutes  5 minutes 5 minutes  5 minutes  15 mins

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**Phase 3 Weeks 8 - 12**

<b>Goals</b>		
By End of Week 12	<ul style="list-style-type: none"> <li>• Eliminate Pain</li> <li>• AROM: WNL</li> <li>• Normal glenohumeral joint mobility</li> <li>• Muscle Strength - 5/5 throughout shoulder musculature</li> <li>• Normal scapulohumeral rhythm</li> </ul>	
<b>Evaluation</b>	<ul style="list-style-type: none"> <li>• Pain</li> <li>• AROM</li> <li>• Muscle Strength</li> <li>• Glenohumeral Joint Mobility</li> <li>• Scapulohumeral Rhythm</li> </ul>	<b>Goals</b> Controlled --> Eliminated WNL 5/5 MMT Normal Normal
<b>Treatment</b>		
Week 8 - 10	<p><b>Strengthening</b></p> <p>PRE's</p> <ul style="list-style-type: none"> <li>a) Scapular Retractions (w/ limited shoulder extension)</li> <li>b) Scapular Protractions (serratus punch)</li> <li>c) Internal/External Rotation</li> <li>d) Plane of Scapula</li> <li>e) Shoulder flexion</li> <li>f) Bicep / Tricep</li> <li>g) UBE (forward / backward - 60 rpm's)</li> <li>h) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec)</li> </ul> <p><b>Proprioception</b></p> <p>PNF GHJ (diagonal patterns w/ resistance)  Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p>	3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 10 minutes 2 sets x 10 reps each speed  3 x 10 reps/ Hold 2 secs 5 minutes
pm	Cold Pack	15 mins
Week 10 - 12		
3 - 4 x's/week	<p><b>Strengthening</b></p> <p>PRE's</p> <ul style="list-style-type: none"> <li>a) CYBEX - Scapular Row Machine</li> <li>b) Scapular Protractions (serratus punch)</li> <li>c) Internal/External Rotation</li> <li>d) Plane of Scapula</li> <li>e) Shoulder flexion</li> <li>f) Bicep / Tricep</li> <li>g) Latissimus Pull</li> <li>h) Shoulder Press</li> <li>i) UBE (forward / backward - 60 rpm's)</li> <li>j) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec)</li> </ul> <p><b>Proprioception</b></p> <p>Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p>	3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 10 minutes 3 sets x 15 reps each speed  5 minutes
pm	Cold Pack	15 mins

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**Phase 4 Weeks 12 +**

<b>Goals</b> Week 16	<ul style="list-style-type: none"> <li>Isokinetic Muscle Strength @16 weeks (90% of uninvolved)</li> <li>Return to Sport Specific Training Drills</li> </ul>	
<b>Evaluation</b>	<i>Reassess at 16 wks</i> <ul style="list-style-type: none"> <li>Clinical Examination (ROM, GHJ mob., pain, SHR, etc.)</li> <li>Isokinetic Muscle strength (Cybex 6000)</li> </ul>	<b>Goals</b> 90% of uninvolved
<b>Treatment</b>  Week 12 +  3-4 x's/week	<p><b>Home/Gym Exercise Program</b></p> <p><b>Strengthening</b></p> <p>PRE's</p> <ul style="list-style-type: none"> <li>a) CYBEX - Scapular Row Machine</li> <li>b) Scapular Protractions (serratus punch)</li> <li>c) Internal/External Rotation</li> <li>d) Plane of Scapula</li> <li>e) Shoulder flexion</li> <li>f) Bicep / Tricep</li> <li>g) Latissimus Pull</li> <li>h) Shoulder Press</li> <li>i) UBE (forward / backward - 60 rpm's)</li> <li>j) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec)</li> <li>l) Sport Specific Exercises</li> </ul> <p><b>Proprioception</b></p> <p>Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p>	3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 10 minutes 3 sets x 15 reps each speed 5 minutes

<b>Goals</b> Week 20	<ul style="list-style-type: none"> <li>Isokinetic Muscle Strength @20 weeks (95% of uninvolved)</li> <li>Return to Sports</li> </ul>	
<b>Evaluation</b>	<i>Reassess at 20 wks</i> <ul style="list-style-type: none"> <li>Clinical Examination (ROM, GHJ mob., pain, SHR, etc.)</li> <li>Isokinetic Muscle strength (Cybex 6000)</li> <li>Sport Specific Testing</li> </ul>	<b>Goals</b> Normal 100% of uninvolved Normal for LE

<b>Goals</b> Week 26	<ul style="list-style-type: none"> <li>Isokinetic Muscle Strength @26 weeks (100% of uninvolved)</li> <li>Return to Sports</li> </ul>	
<b>Evaluation</b>	<i>Reassess at 26 wks</i> <ul style="list-style-type: none"> <li>Clinical Examination (ROM, GHJ mob., pain, SHR, etc.)</li> <li>Isokinetic Muscle strength (Cybex 6000)</li> <li>Sport Specific Testing</li> </ul>	<b>Goals</b> Normal 100% of uninvolved Normal for UE

RETURN TO SPORTS IF CLINICAL EXAMINATION, STRENGTH, AND SPORT SPECIFIC TESTING ARE NORMAL