



14 Thomas Point Rd
Brunswick ME 04011
Phone (207) 442-0325
Fax (207) 443-4578

ARTHROSCOPIC SLAP RECONSTRUCTION POST-OPERATIVE REHABILITATION PROGRAM

Phase One: Maximum Protection Phase (Week 0-6)

Phase One Goals:

- Protect the anatomic repair**
- Prevent negative effects of immobilization**
- Promote dynamic stability**
- Diminish pain and inflammation**

Post-Op 0-3 weeks

PROM limited to 90° flexion, 90° abduction, 30° external rotation in scapular plane, and 0° extension

No active biceps contraction

Sling worn at all times to support glenohumeral joint (4-6 weeks)

1. PROM per restrictions stated above within scapular plane
2. Postural awareness education
3. Sub-maximal isometrics for rotator cuff. No resisted flexion/extension
4. Theraputty and light resisted wrist isometrics
5. Light scapular stabilization within restrictions
6. Soft tissue mobilization as tolerated
7. Ice/Cryotherapy as needed
8. Cardiovascular exercises-stationary bike, treadmill with arm supported

Post-Op 3-6 weeks

ROM limited to 120° flexion, 120° abduction, and 30° external rotation in scapular plane

Wean from sling (4-6 weeks)

1. PROM to tolerance within limitations
2. AAROM/AROM within limits
3. Continue scapular stabilization
4. Continue sub-maximal isometrics
5. May initiate T-band exercises for internal/external rotation at side
6. Gentle joint mobilization to scapula

Phase Two: Minimum Protection Phase (week 6-12)

Phase Two Goals:

- Gradually restore full ROM (12 weeks)**
- Preserve the integrity of the surgical repair**
- Restore muscular strength and balance**

Post-Op 6-8 weeks

1. Progress PROM as tolerated
2. AAROM/AROM within pain tolerance (UBE)
3. May begin resisted shoulder flexion/abduction act
4. Initiate light resisted elbow flexion and shoulder extension exercises
5. Gentle open kinetic chain rhythmic stabilization exercises in supine
6. Continue with scapular/core stabilization exercises

Post-Op 8-12 weeks

1. AROM with emphasis on quality of motion
2. Continue with rotator cuff and scapular stabilization exercises in all planes.
3. May initiate resistive PNF patterns as tolerated
4. Progress closed kinetic chain exercises as tolerated
5. May initiate isokinetic/eccentric strengthen for all muscle groups as tolerated

Goal: Full PROM by 12 weeks

Phase Three: Regaining Performance Phase (week 12-24)

Phase Three Goals:

- Enhance muscular strength, power and endurance**
- Progress functional activities**
- Maintain shoulder mobility**

Post-Op 12-24 weeks

No ROM limitations

1. Isokinetic testing at 12 weeks
2. Progress to independent strengthening program
3. Reinforce postural awareness quality of exercise techniques, and proper PRE progression- frequency, duration, and intensity
4. Coordinate sports specific training to begin return to normal function or sport

Goals: 1. Full pain free AROM

2. Strength 95% of non-involved side

3. Return to full activity or sport without restriction by 24 week

Phase Five: Return to Sports/Activity Phase (week 25+)

Phase Five Goals:

- Gradual return to sport activities**

Maintain strength, mobility and stability