



# GOLDEN STATE ORTHOPEDICS & SPINE

## SUPERIOR LABRUM ANTERIOR TO POSTERIOR (SLAP) REPAIR POST OPERATIVE PROTOCOL

*\*Weeks 0 - 8: NO resistive biceps exercises\**

### **Phase I-Maximum Protection**

#### **Weeks 0 - 3:**

- Sling for 6 weeks
- Ice and modalities to reduce pain and inflammation
- Complete immobilization of the glenohumeral joint
- Begin active scapular retraction, wrist and hand motion

#### **Weeks 3 - 4:**

Ice and modalities to reduce pain and inflammation

- Range of Motion:
- Begin passive range of motion with flexion to 90° and external rotation 0° at 0° abduction
  - Begin passive elbow flexion; no active biceps until 6 weeks
- Exercises:
- Begin resisted manual scapular stabilization

#### **Weeks 4 - 5:**

- Range of Motion:
- Flexion 120° and external rotation to 15° at 0° and 45° of abduction
  - Gradually restore full internal rotation
  - Continue with passive elbow motion
- Exercises:
- Advance scapular stabilization exercises

#### **Weeks 5 - 6:**

- Range of Motion:
- Flexion to 150° and external rotation 30° at 0° abduction
  - External rotation 30° at 45° abduction
  - Full internal rotation
- Exercises:
- Begin submaximal rotator cuff isometrics
  - Continue with scapular stabilization drills

### **Phase II-Progressive Stretching and Active Motion (Weeks 6 - 8):**

#### **Weeks 6 - 7:**

- Range of Motion:
- Begin active shoulder range of motion
  - Full shoulder flexion and internal rotation
  - 45° of external rotation at 0° and 45° abduction, and 30° at 90° abduction
- Exercises:
- Continue with rotator cuff isometrics and scapular stabilization exercises

#### **Weeks 7 - 8**

- Range of Motion:
- Full external rotation at 0° and at 45° abduction; 70°-80° at 90° abduction
  - Full shoulder flexion and internal rotation



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### **Phase III-Progressive Stretching and Early Strengthening Phase (Weeks 8 - 10):**

#### **Weeks 8 - 9:**

- Range of Motion:
- Gradually return external rotation to full at 90° abduction
- Exercises:
- Begin resisted rotator cuff and scapular strengthening program
  - Begin light resisted biceps exercises

#### **Weeks 9 to 10:**

- Range of Motion:
- Full range of motion in all planes
- Exercises:
- Advance rotator cuff and scapular strengthening program
  - Advance resisted biceps exercises
  - Begin and progress proprioceptive program
  - Begin quadruped scapular stabilization exercises

### **Phase IV-Advanced Strengthening and Plyometric Drills (Weeks 10 - 16):**

#### **Weeks 10 - 12**

- Exercises:
- Continue to increase PREs for the rotator cuff and scapular stabilizers
  - Initiate gym exercise program including biceps, triceps, and pulling motions
    - Use low weights and high repetitions initially; progress as tolerated. With dumbbell chest press and flys; athlete should perform these two exercises on the ground to prevent crossing the midline of the body.
  - Begin two-handed plyoball drills

#### **Weeks 12 - 16:**

- Exercises:
- Advance gym exercise PRE program as tolerated
  - Continue with rotator cuff and scapular stabilization program
  - Initiate closed kinetic chain strengthening
  - Push-up progression, avoid crossing the midline
  - Seated serratus push-ups
  - Begin one-handed plyoball drills

### **Phase V-Interval Throwing Program (Weeks 16 - 20):**

- Follow-up with physician
- Begin interval throwing program per physician's approval