



GOLDEN STATE ORTHOPEDICS & SPINE

ARTHROSCOPIC SUPERIOR LABRUM (SLAP) REPAIR REHABILITATION PROGRAM

STAGE 1: WEEKS 0-2:

Goals: Allow healing of repaired labrum, initiate early protected and restricted ROM, minimize muscular atrophy, decrease pain and inflammation.

- Patient is immobilized in an abduction pillow sling at small amounts of abduction and neutral external rotation
- Sling may be removed for Codman's exercises and gentle PROM
- Codman's exercises (pendulums)
- ROM
 - Shoulder flexion as tolerated
 - ER/IR with arm in scapular plane at 40 degrees abduction
 - ER to 15 degrees
 - IR to 45 degrees
- Therapeutic exercises
 - Active-assisted supine FF as tolerated
 - ERN as tolerated
 - Scapular retraction
 - Isometric exercises at 0 degrees of abduction
 - Stress ball squeezes
 - Rhythmic stabilization (RC)
- **Precautions**
 - **No active external rotation, extension or abduction**
 - **Avoid ER in abduction**
 - **Caution to avoid excessive shoulder extension**

STAGE 2: WEEKS 2-4:

Goals: Gradual increase in ROM, decrease pain and inflammation

- ROM
 - Shoulder flexion as tolerated
 - Abduction to 80 degrees
 - ER/IR with arm in scapular plane at 40 degrees abduction
 - ER to 30 degrees
 - IR to 60 degrees
- **Precautions**
 - **No active external rotation, extension or abduction**
 - **Avoid ER in abduction**
 - **Caution to avoid excessive shoulder extension**



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STAGE 3: WEEKS 4-8:

Goals: Gradual increase in ROM, improve strength, decrease pain and inflammation

- Discontinue use of abduction pillow sling. Sling for comfort and out in public
- ROM
 - Flexion as tolerated
 - ER at 45 degrees abduction: 50 degrees
 - IR at 45 degrees abduction: 60 degrees
 - At 6 weeks, begin gentle and progressive ER at 90 degrees abduction (then progress to 45 degrees ER)
- Therapeutic exercises
 - ERN
 - IR behind back
 - Supine FF as tolerated
 - Active-assisted progressing to active forward flexion with scapulohumeral rhythm
 - Sidelying ER
 - Sidelying scaption
 - Prone rows, extension, Ts
 - Standing scaption
 - Theraband IR/ER
 - Proprioception drills
- **Precautions**
 - **Gentle and mid-range ER in POS, gradually progress to coronal plane**
 - **Cautiously improve ERN**

STAGE 4: WEEKS 8-12:

- ROM
 - Shoulder flexion to 180 degrees
 - ER at 90 degrees abduction: 90 degrees
 - IR at 90 degrees abduction: 90 degrees
- Therapeutic exercises
 - ER at scapular plane
 - Wall slides
 - IR behind back
 - Horizontal adduction
 - Sidelying IR at 90 degrees
 - Hands behind head starts at week 9



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- Overhead pulley
- Theraband exercises
 - ER, IR, forward punch, shrug, dynamic hug, Ws
 - Biceps curls starts at week 9
 - Seated rows starts at week 11
- Dynamic exercises:
 - Continue stage 3 exercises
 - PRE 1-3 lbs. as tolerated
 - Prone Y
 - Continue RS
 - Continue proprioception drills
 - Scapulohumeral rhythm exercises
- **Precautions**
 - **Gentle and mid-range ER in POS, gradually progress to coronal plane**
 - **Cautiously improve ERN**

STAGE 5: WEEKS 12-16:

- ROM
 - Gradually stretch to full ROM
 - Continue previous stretches
- Therapeutic exercise
 - Theraband
 - Ts, diagonal up and down (self-fix with uninvolved limb)
 - Prone W
 - Initiate weight training
 - Plyometric exercises
 - Rebounder throws with arm at side
 - Wall dribbles overhead
- Precautions
 - Continue to avoid excessive or forceful extension and ER

STAGE 6: WEEKS 16-20:

- ROM should be WNL
- Therapeutic exercise
 - Continue stage 5 exercises
 - Plyometric exercises



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- Add rebounder throws with weighted medicine ball
- Decelerations
 - Wall dribbles at 90 degrees
 - Wall dribbles circles
- Interval sports programs can begin per Orthopedic Surgeon
- **Precautions**
 - **Some patients may utilize a shoulder brace for contact sports**