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Arthroscopic SLAP Repair Physical Therapy Protocol

Initial Protective Phase (0-4 weeks post-operative)

Precautions:

- A. No active shoulder elevation until 4 weeks post-op.
- B. Continue use of sling with abduction pillow unless the arm is supported while sitting. (If a patient of Dr. Gowan, typically no abduction pillow and sling is optional from day one post operative)
- C. No shoulder horizontal adduction or horizontal abduction until 4 weeks post op.
- D. No passive abduction beyond 90 degrees until 4 weeks post op.
- E. No external rotation beyond 45 degrees at 0 degrees abduction until 4 weeks post op.

I. Therapeutic Exercise (0-4 weeks post-operative)

- A. Full AROM elbow, wrist and hand.
- B. Codman pendulum exercise.
- C. PROM/AAROM scaption to 90 degrees, ER to 45 degrees at 0 degrees ABD, flexion as tolerated.
- D. Light flexibility and AAROM internal rotation behind the back.
- D. Scapular elevation and retraction.

II. Intermediate Phase (4 weeks post-operative)

- A. Discontinue use of sling.
- B. PROM/AAROM scaption and flexion as tolerated.
- C. AROM: scaption – supine at 4 weeks, standing at 5 weeks, side- lying ER, prone row, extension at 4 weeks
- D. PROM/AAROM ER at 0 abduction as tolerated.
- E. Progress sub maximal isometric flexion, abduction, external rotation, extension and scapular retraction.

III. Strength Phase (6 weeks post-operative)

- A. Continue progressive PROM and AAROM in all planes to achieve full shoulder ROM.
- B. Initiate external rotation and internal rotation ROM as tolerated at 90 degrees of abduction.
- C. Continue AROM exercises.

- D. Initiate progressive resisted exercise shoulder flexion, abduction, external and internal rotation, horizontal abduction and adduction. Do not go beyond neutral horizontal adduction.
- E. Initiate rhythmic stabilization internal and external rotation at 0 degrees, 45 degrees, and 90 degrees abduction. Initiate flexion and extension rhythmic stabilization at 90 degrees flexion and horizontal abduction and adduction rhythmic stabilization at 90 degrees flexion.
- F. Start closed chain stabilization exercise in standing (i.e. wall pushups).
- G. Begin horizontal adduction flexibility if needed at 8 weeks post-operative.

IV. Advance Strength and Stabilization (weeks 8-10)

- A. Continue progressive resisted exercise as above.
- B. Initiate rotator cuff strengthening at 90 degrees of abduction.
- C. Progress closed chain stabilization exercise against body weight (i.e. table pushups progressing to floor, swiss ball stabilization).

V. Advanced Plyometric and Throwing Phase (weeks 10-12)

- A. Continue strengthening as above.
- B. Begin plyoball training.
- C. Begin throwing progression.
- D. Simulate sport specific motion for over-head athletes.