

## Ronak M. Patel, MD

# SLAP (Superior Labrum) Repair Rehabilitation Guidelines

**Range of Motion/Safe Zone:** The zone of safety will be dependent upon the location of the lesion that has been repaired, as well as muscular involvement in the procedure. Rotation and/ or flexion may need to be limited. In addition the biceps and/ or subscapularis may need to be kept quiet. Restrictions as dictated by the physician are listed below.

### RESTRICTIONS:

**Extension** <20 Degrees x 3 wks, then as pain allows.

**Flexion** to 90 degrees x 3 wks, progress to 150 degrees x 3 wks, then as pain allows

**External Rotation** to 60 degrees x 3 wks, progress to 80 degrees x 3 wks, then as pain allows

**Internal Rotation** to 40 degrees x 3 wks, Then as pain allows. \* **No biceps work x 4 wks.**

### Phase I - Protected Motion

#### Post op weeks 0-6

##### Goals

1. Re-establish non-painful ROM
2. Retard muscle atrophy of the entire upper extremity complex
3. Improve neuromuscular control of the scapula in the neutral glenohumeral position
4. Decrease pain and inflammation
5. Initiate cardiovascular conditioning and strength program with modifications for injury

##### Activities

#### ***Post op Weeks 0-3***

1. PROM within safe zone
2. Manual resistance scapula
3. Codman's (in sling if necessary)
4. Isometrics
5. 2 weeks post op initiate cardiovascular program

#### ***Post op Weeks 4-6***

1. Continue with the above activities
2. May increase ROM (within safe zone) slowly
3. A/AROM with wand (within safe zone)
4. PRE's - Wrist
5. 4 weeks post op initiate strength program
6. No weights in hand with lunges

### Phase II - Intermediate Phase

#### Post op Weeks 7-9

##### Goals

1. Regain and improve upper extremity muscular strength
2. Improve neuromuscular control of the entire upper extremity complex
3. Normalize arthrokinematics of the shoulder in single planes of motion

##### Criteria to progress to Phase II

1. Full ROM
2. Minimal pain and tenderness

##### Activities

1. PRE's
  - Jobe's/ Hughston program
2. Scapular stabilizer strengthening (rowing)

3. Neutral rotation rotator cuff strengthening
4. Stretching - all planes
5. Rhythmic stabilization 30, 60, 90 & 120 degrees (progressively)
6. 8 weeks post op initiate isokinetics in neutral, scapular plane, high speeds
7. PNF patterns

### **Phase III Advanced Phase**

#### **Post op Weeks 10-12**

##### **Goals**

1. 90% rotator cuff strength
2. Good tolerance to rotator cuff and ballistic activity
3. Prepare athlete for gradual return to functional activities
4. Prepare athlete to begin throw

##### **Criteria to progress to Phase III**

1. Full ROM
2. Minimal pain and tenderness

##### **Activities**

1. Advance PRE's as tolerated (Thrower's Ten)
2. Advance rotator cuff strengthening to 90-90 shoulder work
3. Initiate plyometric progression program to include trunk rotation & Plyoball w/ mini Tramp
4. Isokinetic Test 12 weeks post op