

Slap Tear Protocol For Types II And IV Protocol

Waconia Office
560 South Maple St.
Suite 200
Waconia, MN 55387
Phone: 952-442-2163
Fax : 952-442-5903

Chaska Office
212 Medical Center
111 Hundertmark Rd.
Suite 460
Chaska, MN 55318
Phone: 952-456-7400
Fax: 952-456-7401

Gary E. Wyard, M.D.
Mark E. Friedland, M.D.
Robert M. Barnett, Jr., M.D.
Christopher P. Meyer, M.D.
Jeffrey J. Mair, D.O.
Daniel J. Marek, M.D.
Scott M. Holthusen, M.D.
Peter C. Sanders, M.D.

Sommer Vaughan, PA-C
Erin Maguire, PA-C
Nicole Hicks, PA-C
Mitch Fogal, PA-C
Joanne Kockelman, CPT

WEEKS 1-2

- Passive and Active assisted ROM only
- ROM limitation:
 - Passive flexion to 90 degrees
 - External rotation 0-15 degrees by week 1; 0-30 degrees by week 2
 - Internal rotation as tolerated in the scapular plane
 - Assisted elbow flexion and extension in standing
 - Active finger, wrist and radial ulna

GOALS: Protect surgical repair, initiate ROM, and prevent adhesions, decrease pain and inflammation

WEEK 3

- Passive and active assisted ROM limitations
 - flexion to full elevation
 - Abduction to 130 degrees
 - External rotation to 35 degrees
 - Internal rotation to full range by week 6

GOALS: Gradual increase in ROM and pain control

WEEKS 4-6

Strength

- Initiate isometrics
- Progress to IR/ER to neutral with tubing
- Initiate forward flexion, scaption and empty can
- Initiate side lying ER and triceps strengthening
- Push up progression
- Serratus anterior strengthening
- Scapular retraction with resistance
- Initiate light bicep curls by week 5

GOALS: Gradual increase in ROM and enhanced upper extremity strength

WEEKS 6-12

Range of Motion

- Continue all ROM activities previously prescribed
- Posterior capsule stretching
- Towel stretch for IR
- Rope/pulley/wand activities
- Manual stretching

Strength

- Continue all strengthening from previously prescribed
- Increase resistance and repetitions
- Initiate 2 handed ball toss activities
- Initiate PNF patterns with theraband
- Initiate IR/ER exercises in 90 degrees abduction

GOALS: Full ROM, improved strength

WEEKS 12-24**Range of Motion**

- Continue all appropriate ROM previously prescribed
- Joint mobs as needed for full ROM

Strength

- Progress strengthening program with increase in resistance and high speed repetition
- Initiate single arm toss
- Initiate sports specific drills and functional tasks
- Initiate interval throwing program week 16
- Initiate weight training; Military press, bench press and lat pull downs

GOALS: Full ROM, initiate sports specific training/functional training

This protocol provides the rehabilitation specialist with general guidelines for the rehabilitation of the patient undergoing a SLAP repair.

Questions regarding the progress of a specific patient are encouraged and should be directed to 952-442-8201 or rehabprotocols@tcomn.com.