ARTHROSCOPIC SLAP LESION REPAIR (TYPE II)

PHASE I – IMMEDIATE POSTOPERATIVE PHASE "RESTRICTIVE MOTION" (DAY 1 TO WEEK 6)

Goals

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability
- Diminish pain and inflammation

WEEK 0-2

- Sling for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
  - Elevation in scapular plane to 60 degrees
  - ER/IR with arm in scapular plane
  - ER to 10-15 degrees
  - IR to 45 degrees
- **NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

WEEK 3-4

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 75-85 degrees
  - ER in scapular plane and 35o abd to 25-30 degrees
  - IR in scapular plane and 35o abd to 55-60 degrees
- **NOTE: Rate of progression based on evaluation of the patient.

- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

WEEK 5-6

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 45-50 degrees
  - ER at 45 degrees abduction: 55-60 degrees
  - At 6 weeks begin light and gradual ER at 90o abduction – progress to 30-40o ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- PNF manual resistance
- Initiate Active Shoulder Abduction (without resistance)
- Initiate "Full Can" Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- NO Biceps Strengthening

PHASE II – INTERMEDIATE PHASE: MODERATE PROTECTION PHASE (WEEK 7-14)

Goals

Gradually restore full ROM (week 10)

Preserve the integrity of the surgical repair

Restore muscular strength and balance

WEEK 7-9

- Gradually progress ROM
  - Flexion to 180 degrees
  - ER at 90 degrees abduction: 90-95 degrees
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate Throwers Ten Program

WEEK 10-12

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- **Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises

PHASE III – MINIMAL PROTECTION PHASE (WEEK 14-20)

Goals

Establish and maintain full ROM

Improve muscular strength, power and endurance

Gradually initiate functional activities

CRITERIA TO ENTER PHASE III

1. Full non-painful ROM
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. No pain or tenderness

WEEK 14-16

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
  - Throwers Ten Program or Fundamental Exercises
  - PNF Manual Resistance
  - Endurance training
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)

WEEK 16-20

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)
- **See interval Throwing Program

PHASE IV – ADVANCED STRENGTHENING PHASE (WEEK 20-26)

Goals

- Enhanced muscular strength, power and endurance
- Progress functional activities
- Maintain shoulder mobility

CRITERIA TO ENTER PHASE IV

1. Full non-painful ROM
2. Satisfactory static stability
3. Muscular strength 75-80% of contralateral side
4. No pain or tenderness

WEEK 20-26

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs

PHASE V – RETURN TO ACTIVITY PHASE (MONTH 6 TO 9)

Goals

- Gradual return to sport activities
- Maintain strength, mobility and stability

CRITERIA TO ENTER PHASE V

1. Full functional ROM
2. Muscular performance isokinetic (fulfills criteria)
3. Satisfactory shoulder stability
4. No pain or tenderness

EXERCISES

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program