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Arthroscopic SLAP Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks) Goals:</p> <ul style="list-style-type: none"> Pain free PROM to limits above Avoid biceps loading. No resisted biceps x 6 wks 	<ul style="list-style-type: none"> Ultrasling x 6 wks 	<ul style="list-style-type: none"> Passive forward flexion to 90 deg Passive motion in scapular plane to 70 deg Passive ER to neutral Passive abduction to 45 degrees Full AROM of wrist and elbow 	<ul style="list-style-type: none"> Aerobic <ul style="list-style-type: none"> Stationary bike x 30 mins Easy walking on level surface x 30 mins Strength <ul style="list-style-type: none"> Wrist and grip only No resisted elbow flex/sup x 6 weeks Modalities <ul style="list-style-type: none"> IFC and ice x 20 mins
<p>Phase 2 (3-4 weeks) Goals:</p> <ul style="list-style-type: none"> Passive ROM to limits above, DO NOT EXCEED 45 degrees of ER at side 	<ul style="list-style-type: none"> Ultrasling x 6 wks 	<ul style="list-style-type: none"> Progress passive ff-150, scapular 150, abd-100 Progress passive external rotation from neutral to 20 degrees Avoid biceps loading 	<ul style="list-style-type: none"> Aerobic <ul style="list-style-type: none"> Same as above progress to 45-60 mins Strength <ul style="list-style-type: none"> Start gentle isometric exercises for extension, ER, IR, ABD Start scapula PNF No resisted elbow flex/sup x 6 weeks
<p>Phase 3 (5-6 weeks) Goals:</p> <ul style="list-style-type: none"> Achieve full PROM 	<ul style="list-style-type: none"> Ultrasling x 6 wks 	<ul style="list-style-type: none"> Progress to Full PROM Start AAROM and progress to full AROM 	<ul style="list-style-type: none"> Aerobic <ul style="list-style-type: none"> Start treadmill x 60 mins Strength <ul style="list-style-type: none"> Begin gentle scapular strengthening Deltoid isometrics Shoulder pinches/shoulder shrugs Side lying protraction and retraction of shoulder

<p>Phase 4 (7-12 weeks) Goals:</p> <ul style="list-style-type: none"> • Full A/PROM • Normal scapulothoracic motion 	<ul style="list-style-type: none"> • D/C Ultrasling at 6 week mark 	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Aerobic <ul style="list-style-type: none"> ○ Versaclimber, Stairmaster ○ May start running ○ Rowing machine ○ UBE • Strength <ul style="list-style-type: none"> ○ Start progressive resisted theraband exercises in various planes ○ Start body blade at neutral position ○ Rotator cuff strengthening ○ Posture control
<p>Phase 5 (13-16 weeks) Goals:</p> <ul style="list-style-type: none"> • Restore full strength 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Continue full A/PROM • Joint mobs grade 3 or 4 	<ul style="list-style-type: none"> • Aerobic <ul style="list-style-type: none"> ○ Versaclimber, Stairmaster ○ May start running ○ Rowing machine • Strength <ul style="list-style-type: none"> ○ Diagonal rotator cuff exercises ○ External and internal rotation at 90 degrees with cable ○ Push-up progression ○ Plyometric exercises ○ Progress body blade (ff-90, abd-90 diagonal)
<p>Phase 6 (>17 weeks) Goals:</p> <ul style="list-style-type: none"> • Ability to perform push-ups, pull-ups, swim 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Continue full A/PROM • Joint mobs grade 3 or 4 	<ul style="list-style-type: none"> • Aerobic <ul style="list-style-type: none"> ○ Rowing ○ May start swimming • Strength <ul style="list-style-type: none"> ○ Start throwing progression (short to long) ○ Military press ○ Lat pull downs

RETURN TO FULL ACTIVITIES: 3-4 Months

CRITERIA TO RETURN TO FULL ACTIVITY: Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

PRECAUTIONS: None