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## Arthroscopic SLAP Lesion Repair Physical Therapy Protocol

### Phase I: Immediate Post-operative "Restrictive Motion" (Weeks 0 to 6)

#### Goals

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

#### Brace

- Discontinue use after four weeks (unless otherwise advised by Dr. Kendall)
- Sleep in immobilizer for four weeks

### Weeks 0 to 2

#### Range of Motion

- **Week 1**
  - Flexion: 60 degrees
  - External rotation: 10 to 15 degrees
  - Internal rotation: 45 degrees
- **Week 2**
  - Flexion: 75 degrees

#### Exercise

- **No active external rotation/extension/abduction**
- **No isolated bicep contractions**
- Elbow/wrist/hand exercises
  - Passive and gentle active assistive range of motion exercises per guidelines above
  - Submaximal isometrics for shoulder musculature
- Cryotherapy and modalities for pain and inflammation every hour for 20 minutes

### Weeks 3 to 4

#### Range of Motion

- **Week 3**
  - Flexion: 90 degrees
  - External rotation: 25 to 30 degrees
  - Internal rotation: 55 to 60 degrees
  - Abduction: 75 to 85 degrees

#### Exercise

- Continue passive and gentle active assistive range of motion exercises per guidelines above
- Continue submaximal isometrics
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Initiate external rotation/internal rotation tubing exercises (arm at side)
- Continue cryotherapy for pain management

## **Weeks 5 to 6**

### **Range of Motion**

#### **• Week 5**

- Flexion: 145 degrees
- External rotation: 45 to 50 degrees
- Abduction: 130 degrees

### **Exercise**

#### **• No bicep strengthening**

- Gradually progress range of motion per the guidelines above
- Initiate pulleys
- Initiate proprioceptive neuromuscular facilitation manual resistance
- Initiate active shoulder abduction
- Initiate active “full can”
- Initiate scapular strengthening exercises

## **Phase II: Moderate Protection (Weeks 7 to 14)**

### **Goals**

- Gradually restore full range of motion by week 10
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance

## **Weeks 7 to 9**

### **Range of Motion**

- Restore full range of motion at week seven

### **Exercise**

- Gradually progress range of motion per the guidelines above
- Progress isotonic strengthening program
- Continue proprioceptive neuromuscular facilitation strengthening
- Initiate thrower’s ten program

## **Weeks 10 to 13**

### **Exercise**

- May initiate slightly more aggressive strengthening
- Progress external rotation to thrower’s motion (110 to 115 at 90 degrees abduction)
- Continue all stretching exercises (progress range of motion to functional demands)
- Progress isotonic strengthening exercises

## **Phase III: Minimal Protection (Weeks 14 to 20)**

### **Criteria to Progress to Phase III**

- Full, non-painful range of motion
- Satisfactory stability
- Muscular strength of four to five or better
- No pain or tenderness

### **Goals**

- Maintain full range of motion
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

## **Weeks 14 to 16**

### **Exercise**

- Continue all stretching exercises (capsular stretches)
- Continue exercises as listed above
- Fundamental exercises
- Endurance training
- Restricted sport activities (light swimming, half golf swings)
- Initiate light plyometric program

## **Weeks 16 to 20**

### **Exercise**

- Continue exercises as listed above
- Initiate interval sports program (throwing, etc.)

## **Phase IV: Advanced Strengthening (Weeks 20 to 26)**

### **Criteria to Progress to Phase IV**

- Full, non-painful range of motion
- Satisfactory static stability
- Muscular strength to 75 to 80 percent of contralateral side
- No pain or tenderness

### **Goals**

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

## **Weeks 20 to 26**

### **Exercise**

- Continue flexibility exercises
- Continue isotonic strengthening program
- Plyometric strengthening
- Progress interval sport programs

## **Phase V: Return to Activity (Months 6 to 9)**

### **Criteria to Progress to Phase V**

- Full functional range of motion
- Satisfactory isokinetic test that fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness

### **Goals**

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

## **Months 7 to 9**

### **Exercise**

- Gradually progress sports activities to unrestricted participation
- Continue stretching and strengthening program