

Ronak M. Patel, MD
SLAP (Superior Labrum) Repair
Rehabilitation Guidelines

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

Sling x 6 weeks with abduction pillow except for bathing

Basic scapular exercises

Week 0-6:

Sling for 6 weeks including sleep

Elbow/hand ROM

Hand gripping exercises

Passive ROM exercises

****NO active ER or Extension or Abduction**

Submaximal isometrics for shoulder musculature

Cryotherapy, modalities as indicated

End of Week 6:

Discontinue use of sling at 6 weeks, performed at office visit

Flexion to 60 degrees

Elevation in scapular plane to 60 degrees

ER/IR with arm in scapular plane less than 30 degrees ER with arm at the side to 0 degrees

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:

Continue gentle PROM exercises

Flexion to 90 degrees

Abduction to 75-85 degrees

ER in the scapular plane at 30 degrees abduction to 30 degrees

IR in scapular plane at 30 degrees abduction to 55-60 degrees

****NOTE:** Rate of progression based on evaluation of the patient.

Initiate rhythmic stabilization drills

Initiate proprioception training

Continue isometrics
Continue use of cryotherapy

Week 8:

Gradually improve ROM
Flexion to 145 degrees
ER at 45 degrees abduction: 45-50 degrees
IR at 45 degrees abduction: 55-60 degrees
Begin light and gradual ER at 90 abduction – progress to 30-40 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
Ok to start biceps isotonic (light)

Week 9:

Gradually progress ROM:
Flexion to 180 degrees at week 9
ER at 90 degrees abduction: 90-95 degrees
IR at 90 degrees abduction: 70-75 degrees
Continue to progress isotonic strengthening program
Continue light biceps isotonic (light)
Continue PNF strengthening
Initiate Throwers Ten Program (as relevant)

Weeks 10-14:

Full AROM allowed in all directions
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:

Full non-painful ROM
Satisfactory stability
Muscular strength (good grade or better)

No pain or tenderness

Weeks 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

Weeks 16-20:

- Continue all exercises listed above
- Continue all stretching exercises
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)

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:

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

*Ok to return to contact sports or heavy labor if above criteria met at 20 weeks.

Week 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs
- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program

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:

Full functional ROM

Muscular performance isokinetic (fulfills criteria) Satisfactory shoulder stability

No pain or tenderness

*Ok to return to pitching if above criteria met and has successfully completed the interval throwing program without pain or recurrent symptoms.

Exercises:

Gradually progress sport activities to unrestrictive participation

Continue stretching and strengthening program