

## SLAP Protocol

### Precautions:

- Sling/Brace: For 4 weeks, worn at all times unless performing HEP
- Bicep: For 8 weeks, no active forceful bending of elbow or turning palm up
- Please refer to physician and prescription as additional procedures may have been performed including anterior or posterior stabilization depending on size of tear

### Phase I (1 – 5 days post-op)

- Modalities: prn for pain and inflammation (ice, IFC)
- Brace: Worn at all times
- ROM:
  - Wrist AROM in all planes, resistance allowed
  - Elbow AROM in all planes, no resistance
  - C-spine AROM in all planes
  - Scapular AROM can begin immediately
  - No GH PROM
- Exercises: None

### Phase II (5 days – 4 weeks post-op)

- Wound: Monitor site, mobilize scar
- Modalities: prn for pain and inflammation (ice, IFC)
- Brace: Continue sling use with abduction pillow
- ROM:
  - PROM in flexion, scaption, and abduction
    - Until 2 weeks, not past 45 degrees
    - Until 4 weeks, no past 90 degrees
  - Limit ER to less than 25 degrees
  - At 3 weeks, implement pulleys and cane exercises
- Strengthening:
  - Starting at 3 weeks:
    - Isometrics (shoulder) with elbow flexed at 90 degrees with 25-50% effort
    - No bicep resistance
    - Fitness limited to stationary bike, no WB on involved UE

### Phase III (4 weeks – 10 weeks post-op)

- Wound care: Monitor site, mobilize scar
- Modalities: prn for pain and inflammation (ice, IFC)
- Brace: DC abduction pillow at 4 weeks post-op, then continue use of sling in public settings until 6 weeks post-op
- ROM:
  - 4-6 weeks:
    - By 6 weeks, achieve full PROM
    - Light mobs grades I – II
    - AAROM in all planes
    - At 4 weeks, begin prone scapular retraction
    - At 5 weeks, begin to progress to AROM, beginning with gravity eliminated and progressing to gravity resisted
  - 6-8 weeks
    - At 6 weeks, begin scapular stabilization
    - AAROM/AROM within pain free arc
    - By 8 weeks, full AROM
    - Grade III and IV mobs, as needed
- Strengthening:
  - 6-8 weeks:
    - Strengthening within pain free AROM
    - Rhythmic stabilization at 0, 45, and 90 degrees, PNF while supine
  - 8-10 weeks
    - At 8 weeks, UBE with resistance
    - At 8 weeks, PNF standing with slow increase in resistance
    - At 8 weeks, initiate light theraband, slow progression of ER
    - Weight machines start conservatively, shortened range for rowing and pull downs for bicep. Light resistance to bicep curls with gradual progression
    - At 10 weeks, initiate Plyometric 2 handed ball toss

### Phase IV (10+ weeks)

- Refer to physician for throwing, overhead sports, or contact sports
- Light sports 3-4 months
- Hard throwing 4-6 months

Adapted From:

- 1) Brotzman SB, Wilk KE. Clinical Orthopedic Rehabilitation Second Edition. Philadelphia: Mosby; 2003.
- 2) Shoulderdoc. Shoulder SLAP Repair available at: <http://www.shoulderdoc.co.uk/article.asp?article=181&section=206/> Accessed November 11, 2008.
- 3) Wilk KE, Reinold MM, Andrews, JR. Arthroscopic Debridement of SLAP Lesion (Type I & II) and/or Partial Rotator Cuff Debridement Protocols. Winchester MA: Advanced Continuing Education Institute, 2004

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