

## SLAP Lesion Repair (Superior Labrum Anterior to Posterior) Post Operative Rehabilitation Protocol

	<b><u>BICEPS TENODESIS PRECAUTIONS:</u></b>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">       Only follow if checked     </div>	<ol style="list-style-type: none"> <li>1. No Resisted elbow flexion for 8 weeks</li> <li>2. No Resisted shoulder flexion for 8 weeks</li> <li>3. No Lifting of anything over 1 to 2 pounds for 8 weeks</li> </ol>

### General Objectives:

1. \*\*\*\*\*Avoid compression and shear forces on the labrum\*\*\*\*\*
2. Avoid forces through the biceps muscle at the shoulder and elbow
3. ALWAYS stabilize the scapula when performing strengthening exercises
4. Achieve full passive ROM by week 4 and AROM by week 8
5. Achieve adequate muscle control and strength to return to full activity

### I. Protection Phase (Week 0 – 5)

#### A. Week 1

1. Use sling at all times except for PROM exercises (for 4 weeks)
2. AROM of cervical spine, wrist, and hand
3. PROM of elbow using opposite hand
4. Cryotherapy and modalities as needed
5. Grip and wrist strengthening
6. Scapular retractions and depression (**NO EXTENSION**)

#### B. Week 2 - 4

Goals: Gradually increase ROM to full PROM

Normalize arthrokinematics  
 Normalize scapulohumeral rhythm  
 Improve strength  
 Decrease pain and inflammation

1. Gentle PROM to patient tolerance
  - a. Shoulder flexion and elevation as tolerated
  - b. ER/IR at 30° ABD
2. AAROM
  - a. Pulley and cane flex, elevation, and ABD within limits
  - b. Begin at **90°** and progress to full ROM by end of week 4
3. Pendulum exercises (**gentle** - emphasis is not motion)
4. AROM of elbow for normal ADL's (**NO LIFTING of any objects**)
5. Submaximal isometrics: Ext, ER, and ABD (**IR and Flex at week 3 – 4**)
6. Gentle joint mobilizations (GH, SC and scapulothoracic)

7. Supine active flexion
8. Standing active flexion to 90° without hiking (**week 3**)
9. Posterior capsule stretch
10. Scapular PNF
11. Cryotherapy and modalities as needed

**C. Week 5 – 6**

1. Discontinue sling and continue above exercises
2. P/AAROM if needed to full ROM
3. Gentle cross body adduction stretch for posterior capsule
4. Standing full AROM for flexion and scaption if pain free
5. Resistive scapulothoracic exercises as tolerated with arm stabilized
6. Closed Kinetic Chain exercises (prone on elbows, quadruped, etc)
7. Rows, prone ext, and punches without resistance (**to neutral**)

**II. Phase II – Intermediate phase (Week 6 – 12)**

Goals: Full painfree ROM  
 Normalize arthrokinematics  
 Increase strength  
 Improve neuromuscular control

**A. Week 6 - 8**

1. AROM/PROM – progress to full ROM by week 8:
  - a. ER at 90° ABD to 80 – 90°
  - b. IR at 90° ABD to 70 – 75°
2. Continue joint mobilizations and capsular stretches
3. Isotonic dumbbell program
  - Supine and Sidelying IR/ER, Shoulder ABD, Rhomboids, Shoulder shrugs, Serratus punches
4. Continue to progress GH and scapular stabilization exercises
5. Standing theraband IR/ER at 30 degrees ABD (week 6)
6. Supraspinatus (full can)
7. PNF D2 diagonals with isometric holds (**gentle**)
8. Rhythmic stabilization for IR/ER at 45° ABD
9. Bodyblade (start with arm down by side)
10. UBE – forward only
11. Quadruped rhythmic stabilization

**B. Week 8 - 12**

1. Continue above exercises
2. Increase strengthening exercises to maximum workloads by week 12

3. Begin light PRE's for elbow flexion and extension
4. PNF patterns (theraband and/or manually resisted)
5. Double arm plyometrics (**week 10**) (Chest, OH, and side pass 2 – 6 lbs.)
6. Push up plus progression (wall, counter, table)
7. Latissimus pulldowns in front of body
8. UBE – both directions with more resistance

### **III. Phase III – Advanced Strengthening Phase (Week 12 – 20)**

Goals: Improve strength, power and endurance

Improve neuromuscular control

Prepare for gradual return to sports or functional activity

Throwers: begin interval throwing program at **16 weeks ONLY if:**

**\*\*Normal Rotator Cuff strength needs to be achieved**

**\*\*Normal Scapulohumeral Rhythm with Flexion and Abduction**

**\*\*No scapular winging with resisted ER**

Racquet sports: begin phantom ground strokes at **16 weeks**

Full return to pre-injury status may require 10 – 12 months

Criteria to enter Phase III:

1. Full, non-painful ROM
2. No pain or tenderness
3. Satisfactory strength (at least 70 percent of uninvolved side)
4. Satisfactory stability

#### **A. Week 12 through return to activity**

1. Continue self capsular stretches
2. UBE – high resistance for endurance
3. Continue theraband IR/ER at 90/90 position, slow and fast
4. One hand plyometrics
  - a. ball toss
  - b. bodyblade overhead
5. More aggressive isotonic
6. Progress to floor push-ups (plus) with BOSU
7. Continue neuromuscular control exercises
8. Eccentric exercises
  - a. plyoball
  - b. deceleration tosses
  - c. theraband
9. Shoulder and bench press
  - a. don't allow elbow to extend past plane of thorax