

**CANTON-POTSDAM
HOSPITAL**

CARING BEYOND MEDICINE

Department of Physical Rehabilitation

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SLAP REPAIR

Phase 1: Week 1-3

Goals of Phase 1:

Promote healing of tissue
Control pain and inflammation
Gradual increase in ROM
Independent in HEP
Initiate muscle contraction

ROM Goals:

PROM: Flexion 0-60 week 1
 0-75 week 2
 0-90 week 3
PROM: Scapular plane
 ER 0-15 week 1
 0-30 week 2-3
 IR as tolerated

Sling: 3 weeks or as noted by MD, can be removed for exercises below

Exercises:

1. ROM

- a. Pendulum exercises
- b. Pulleys- flexion, abduction, scaption
- c. Wand exercises- all planes within limitations
- d. Posterior capsule stretch
- e. Manual stretching and grade I-II joint mobs

2. Strength

- a. Initiate sub maximal isometrics- **NO** elbow flexion
- b. Initiate scapular stabilizer strengthening
- c. Initiate UBE without resistance

Modalities:

1. Estim as needed
2. Ice 15-20 minutes

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Phase 2: Week 3-6

Goals for Phase 2:

Control pain and inflammation
Enhance UE strength
Gradual increase in ROM

ROM Goals:

PROM: Flexion 0- 145
PROM: Scapular plane
ER 0-50 by week 6
IR Full ROM by week 6

Exercises:

1. ROM

- a. Pendulum exercises
- b. Pulleys- flexion, abduction, scaption
- c. Wand exercises- all planes within limitations
- d. Posterior capsule stretch
- e. Manual stretching and grade II-III joint mobs

2. Strength

- a. Continue isometric activities as in phase 1
- b. Initiate supine rhythmic stabilization at 90 degrees flexion
- c. Initiate IR/ER at neutral with tubing
- d. Initiate forward flexion, scaption, empty can
- e. Initiate side lying ER and Triceps strengthening
- f. Push-up progression
- g. Prone abduction with ER
- h. Shoulder shrugs with resistance
- i. Supine punches with resistance
- j. Initiate UBE for endurance
- k. Prone Rows
- l. Initiate **light** Bicep curls at week 3

Modalities:

1. Ice 15-20 minutes

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Phase 3: Week 6-12

Goals for Phase 3:

Minimize pain and swelling
Reach full ROM
Improve UE strength and endurance
Enhance neuromuscular control
Normalize arthrokinematics

ROM Goals:

Full ROM by 10-12 weeks

Exercises:

1. ROM

- a. Continue all ROM activities from Phase 2
- b. Pulleys
- c. Wand exercises
- d. Posterior capsule stretch
- e. Towel stretching
- f. Manual stretching and grade III-IV joint mobs

2. Strength

- a. Continue all strengthening from previous phases increasing resistance and repetition
- b. Initiate plyotoss chest pass
- c. Initiate PNF patterns with theraband
- d. Initiate IR/ER exercises at 90 degrees abduction
- e. Initiate isokinetic IR/ER at neutral week 10-12

Modalities:

1. Ice 15-20 minutes

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Phase 4: Week 12-24

Goal for phase 4:

Full ROM
Maximize UE strength and endurance
Maximize neuromuscular control
Initiate sport specific training/functional rehab

Exercises:

1. ROM

- a. Continue all ROM activities from previous phases
- b. Posterior capsule stretch
- c. Towel stretching
- d. Grade III-IV joint mobs as needed for full ROM

2. Strength

- a. Progress strengthening program with increase in resistance and high speed repetition
- b. Progress with eccentric strengthening of posterior cuff and scapular musculature
- c. Initiate single arm plyotoss
- d. Progress rhythmic stabilization activities to include standing PNF patterns with tubing
- e. UBE for strength and endurance
- f. Initiate military press, bench press, lat pull down
- g. Initiate sport specific drills and functional activities
- h. Initiate interval throwing program week 16
- i. Initiate light plyometric program week 12-16
- j. Progress isokinetics to 90 degrees of abduction at high speeds

Modalities:

1. Ice 15-20 minutes