

SLAP (Superior Labral Anterior to Posterior) Repair

Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-2

Primary Goals: Eliminate swelling; initial ROM

- Patient placed in sling immediately postop, sling for 4 weeks for comfort
- ROM elbow, wrist and hand
- Pendulums
- PROM: scapular plane elevation to 90 degrees; ER to 30 degrees
- Scapula stabilization: elevation, retraction and protraction

Weeks 3-4

Primary Goals: Increase ROM

- Discontinue sling at 4 weeks
- Increase passive ROM, Active Assist ROM
 - Flexion to 90 degrees, advance to tolerance at 4 weeks
 - Abduction to 75-85 degrees
 - ER in scapular plane and 35 degrees abduction to 25-30 degrees
 - IR in scapular plane and 35 degrees abduction to 55-60 degrees
- No active ER, Extension or Elevation
- Initiate proprioception
- Continue scapular stabilization

Weeks 4-6

Primary Goals: Increase ROM, scapular strength

- ROM: Flexion to 145 degrees, ER at 45 degrees abduction – 45-40 degrees, IR at 45 degrees abduction – 55-60 degrees
- 6 weeks begin light and gradual ER at 90 degrees abduction – progress to 30-40 degrees ER
- Initiate light stretching
- Initiate Active shoulder abduction (no resistance)
- Initiate “Full Can” exercise (weight of arm)
- NO Biceps strengthening
- Initiate prone rowing, prone horizontal abduction

Weeks 6-8

Primary Goals: Full ROM, continue strength

- Begin isotonic strengthening as ROM allows, full ROM by 8 weeks
- PROM: scapular plane elevation to full; ER/IR to FULL
- ER/IR with resistive exercises
- ER/IR standing with weight
- Resisted scaption

Weeks 8-10

- PROM: to tolerance including cocking (ER @ 90dg ABD)
- Progress ER to Throwers motion
- Progress strengthening exercises
- Rotator cuff, periscapular strengthening

Weeks 10+

- Progress isotonic strengthening
- Continue all stretching exercise, progress to functional demand
- Enhances muscular strength with power and endurance after 4 months