

Greater Hartford Orthopedic Group, P.C.

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Postoperative Rehabilitation Protocol: SLAP Tear Repair

Phase I: Weeks 0-6

GOALS: Protect biceps tendon, minimize pain and swelling, PROM, encourage HEP

Immobilization: In sling for 3-4 weeks at all times except for hygiene and home exercises
After week 4 May wean out of sling as tolerated

ROM: Flexion/Forward Elevation- 0-60 degrees week 1
0-90 degrees by week 3
0-120 degrees by week 4
0-160 degrees week 6

External Rotation- 0-60 degrees with arm at side until after week 6

Internal Rotation- increase as tolerated

Modalities: Cryotherapy

Exercises: Wrist and hand active ROM, overhead pulleys, table slides and pendulum for PROM
PROM, as above. Grade I-II joint mobs as indicated
Submaximal isometrics at week 2 from neutral (progress intensity as tolerated)
Begin AAROM and PRE's from neutral at week 3 as tolerated
Begin scapular stabilization at week 2-3
NO ACTIVE BICEPS CONTRACTION FOR 6 WEEKS

Phase II: Weeks 6-12

GOALS: Biceps tendon protection, full PROM in all planes, strength of rotator cuff and scapular stabilizer muscles, enhance overall upper extremity strength and endurance

ROM: Progress to full, aggressively if deficits persist
External rotation to 80-90 degrees at 90 abduction by week 8

Modalities: Cryotherapy

Exercises: Overhead pulleys, pendulum, passive ROM
Grade II-IV joint mobilizations as indicated
Begin progressive Biceps activation and strengthening at week 6
Rhythmic stabilization, body blade, and closed chain drills-push up progression
Progress PRE's to maximize scapular and rotator cuff strength
Total Arm Strengthening.
Plyometrics

Phase III: 3 Months +

GOALS: Maximize muscle strength of rotator cuff and scapular stabilizer muscles, continued protection of aggressive Bicep stresses, return to pain free functional sport and/or work activities

ROM: All should be full or aggressively pursuing at this time

Exercises: Emphasize progression of PRE's and TAS program
Begin throwing program and/or overhead functional
Progress eccentric strengthening and high speed repetitions
Ease back into proper upper extremity weight lifting in gym if appropriate

Return to Sport/Function: Strength goals met
Full ROM Pain free
Throwing program completed