BAY AREA ORTHOPEDIC
SURGERY & SPORTS MEDICINE

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S.L.A.P. RECONSTRUCTION PROTOCOL

Post-op

0-3 Weeks:

 PROM limited to: 90 flexion, 90 abduction, 0 external rotation and 0 extension. Avoid hyperextension of elbow. Sling worn at all times to support glenohumeral joint.

1. PROM to tolerance within limitations

2. Postural awareness education

3. Sub-maximal isometrics for shoulder musculature-avoid forward elevations

4. Theraputty and light resisted wrist isometrics

5. Soft tissue mobilization as tolerated

6. Ice/Cryocuff as needed

7. Cardiovascular exercises-stationary bike, treadmill with arm supported

3-6 Weeks:

 ROM limited to: 120 flexion, 120 abduction, and 30 external rotation

Wean from sling-no active arm swing until after 4 weeks

1. PROM/AAROM (supine wand) to tolerance within limitations

2. Gentle manual resistance for scapula motions

3. Gentle rotator cuff strengthening

4. Gentle joint mobilization to scapula

6-8 Weeks:

ROM only limited to 60 external rotation

1. Progress PROM within limitations

2. AAROM/AROM within pain tolerance-seated wand, pulleys, UBE

3. Initiate light resisted elbow flexion and extension

4. Gentle open kinetic chain rhythmic stabilization exercises in supine

8-12 Weeks:

ROM limited to 60 external rotation

1. AROM with emphasis on quality of motion, avoid shoulder hiking with elevation

2. Strengthening exercises for scapula stabilizers and rotator cuff

May include PRE's, eccentric rotator cuff, PNF (avoid heavy resistance in painful end ranges), and weight equipment

Emphasis of strengthening on high reps and low weight, with postural awareness

3. Progress closed kinetic chain exercises as tolerated

4. Isokinetic at fast speeds blocking end ranges-avoid impingement

Goal: Full PROM (external rotation to 60) by 12 weeks

12-24 Weeks:

No ROM limitations

1. Progress to independent strengthening program