

## ARTHROSCOPIC SLAP LESION REPAIR (TYPE II)

### I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

- Goals:** Protect the anatomic repair  
 Prevent negative effects of immobilization  
 Promote dynamic stability  
 Diminish pain and inflammation

#### **Week 0-2:**

- Sling for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
  - Elevation in scapular plane to 60 degrees
  - ER/IR with arm in scapular plane
  - ER to 10-15 degrees
  - IR to 45 degrees
- \*\*NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

#### **Week 3-4:**

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 75-85 degrees
  - ER in scapular plane and 35° abd to 25-30 degrees
  - IR in scapular plane and 35° abd to 55-60 degrees
- \*\*NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

#### **Week 5-6:**

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 45-50 degrees
  - ER at 45 degrees abduction: 55-60 degrees
  - At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- PNF manual resistance

- Initiate Active Shoulder Abduction (without resistance)
- Initiate "Full Can" Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- NO Biceps Strengthening

## **II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)**

**Goals:** Gradually restore full ROM (week 10)  
 Preserve the integrity of the surgical repair  
 Restore muscular strength and balance

### **Week 7-9:**

- Gradually progress ROM:
  - Flexion to 180 degrees
  - ER at 90 degrees abduction: 90-95 degrees
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate Throwers Ten Program

### **Week 10-12:**

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
  - \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises

## **III. Phase III – Minimal Protection Phase (Week 14-20)**

**Goals:** Establish and maintain full ROM  
 Improve muscular strength, power and endurance  
 Gradually initiate functional activities

### **Criteria to enter Phase III:**

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

### **Week 14-16:**

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
  - Throwers Ten Program or Fundamental Exercises
  - PNF Manual Resistance
  - Endurance training
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)

**Week 16-20:**

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)  
\*\*See interval Throwing Program

**IV. Phase IV – Advanced Strengthening Phase (Week 20-26)**

Goals: Enhanced muscular strength, power and endurance

Progress functional activities

Maintain shoulder mobility

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

**Week 20-26:**

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs

**V. Phase V – Return to Activity Phase (Month 6 to 9)**

Goals: Gradual return to sport activities

Maintain strength, mobility and stability

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

**Exercises:**

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program