



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

SLAP Repair Protocol

(Type II and Type IV)

(No Rotator Cuff Involvement)

Pt Name: _____

DOS: _____

SLAP (Superior Labrum Anterior-Posterior)

Type I SLAP: degenerative fraying of the superior labrum. The biceps attachment to the labrum is intact. The biceps anchor is intact.

Type II SLAP: the biceps anchor has pulled away from the glenoid attachment

Type III SLAP: involve a bucket-handle tear of this superior labrum with an intact biceps anchor

TYPE IV SLAP: involve a bucket-handle tear of the superior labrum. The tear extends into the biceps tendon. The biceps tendon and labrum are displaced into the joint.

Week 0-3 _____

PROM:

Shoulder flex/scaption:

Wk 1: 60°

Wk 2: 75°

Wk 3: 90°

Shoulder abd: none

ER with arm at 20° scaption: 20°

IR with arm at 20° scaption: 45°

Ext: not beyond neutral

Elbow: flex: as tol

Ext: as tol with shoulder at 20° flex, being VERY sensitive to end feel and muscular guarding

AROM:

No active shoulder ER, Extension, Flexion, Abduction, or elbow flex

Strengthening:

Gripping exercises

Wrist flex/ext

NO resistive forearm supination

Week 3-6 _____

Sling: d/c per physician direction

*for Dr Sanders d/c sling @ 4 wks

PROM:

Shoulder flex/scaption:

Progress toward 120°, being VERY sensitive to end feel and muscular guarding

Shoulder abd: 90°

ER: with arm at 45° scaption: 45°

IR: with arm at 45° scaption: progress toward full

Ext: not beyond neutral

Elbow: flex as tol

Ext as tol: being VERY sensitive to end feel and muscular guarding

Table Walks Flexion < 120°

*for Dr Sanders table walks to 90 if concomitant RC repair

Pendulum

AROM

No active shoulder ER, Extension, Flexion, Abduction, or elbow flex

Shrugs

Scapular retraction: to neutral shoulder extension

Strengthening

Gripping exercises

Wrist flex/ext

NO resistive forearm supination

Isometrics: flex, ext (in neutral), abd,

IR, ER. All sub-max and pain-free.

Week 6-9PROM

Shoulder and elbow progress toward full PROM, being sensitive to end feel and muscular guarding

AROM

Progress toward full

Pulley

T-bar: flex, abd, ext, ER, IR

Wall slides

Active shoulder flex, scaption, abd.

Active elbow flex

Strengthening

UBE

Wall push-up

Ceiling punch

Prone horiz abd, ext

IR and ER with t-band

Sidelying ER

90°/90° ER

Ball roll on wall

Triceps

Week 9-16Strengthening

Table top push up

Box/step walking

Plank/modified plank position

BAPS

Fitter

Body blade

Rows

Shoulder ext

Shoulder flex, scaption, abd, add

Biceps

Initiate Thower's Ten Program

Functional activities

PNF

Ball toss

Eccentric catching

Week 16-24Strengthening

Plyometrics

Initiate Interval Throwing Program

Initiate sport specific drills and functional activities

Military press

Bench press

Lat pulldown

Gradually progress sport activities to unrestricted participation as advised by physician

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