



## SLAP Debridement REHAB Protocol

### PHASE I – MOTION PHASE (DAY 1-14)

#### **Goals:**

Re-establish non-painful range of motion  
Minimize muscular atrophy  
Decreased pain/inflammation - using ice, local modalities and oral analgesic if needed

**Sling:** Patient will be in a sling for 3-4 days postoperatively for comfort

Passive range of motion/active assisted range of motion  
Pendulums, flexion/extension, abduction/adduction  
Pulley exercises ((patient has adequate glenohumeral elevation at 90-110°)  
Cane exercises  
External and internal rotation (at 0° abduction, progress to 45°, then 90°)  
Self stretching exercises (capsular stretches)

#### **Strengthening:**

Isometrics  
No biceps isometrics for 5-7 days postoperatively  
May initiate band exercises for ER/IR at 0° abduction late phase (7-10 days postoperatively)

### PHASE II – INTERMEDIATE PHASE (WEEK 2-4)

#### **Criteria to progress to phase II:**

Full passive range of motion and minimal pain and tenderness

#### **Goals:**

Enhance muscular strength  
Normalize arthrokinematics  
Improve neuromuscular control of shoulder complex

#### **WEEK 2**

Begin AROM in all directions to tolerance

#### **WEEK 3**

##### **Exercises:**

Initiate isotonic program for shoulder and scapulothoracic mark suture with dumbbells as appropriate  
Resisted ER/IR at 0° abduction  
Side-lying ER, abduction, horizontal abduction and adduction  
Prone rowing  
PNF manual resistance with dynamic stabilization  
Normalize arthrokinematics of shoulder complex  
Joint mobilization  
Continued stretching of shoulder (ER/IR at 90° of abduction)  
Initiate neuromuscular control exercises  
Initiate proprioception training  
Initiate trunk exercises  
Initiate upper extremity endurance exercises

#### **WEEK 4**

##### **Exercises:**

Begin Thrower's program  
Emphasize on rotator cuff and scapular strengthening  
Dynamic stabilization drills



### **PHASE III – DYNAMIC STRENGTHENING PHASE (Weeks 5-7)**

#### ***Criteria for Phase III:***

full nonpainful active and passive range of motion  
no pain or tenderness  
4+/5 strength of deltoid and rotator cuff

#### ***Goals:***

Enhance strength, power and endurance  
Enhance neuromuscular control  
Begin gentle sport specific preparation activities

#### ***Exercises:***

Continue thrower's ten program  
Continued dumbbells strengthening of the rotator cuff and deltoid  
Initiate strengthening exercises in 90°/90° for ER/IR (slow and fast sets)  
Strengthening of the scapulothoracic musculature  
Biceps strengthening  
Initiate plyometrics - 2 hand drills progress to 1 hand drills  
Diagonal patterns (PNF)  
May initiate isokinetic strengthening  
Continue endurance exercise and neuromuscular control exercises  
Continue proprioception exercises

### **PHASE IV: RETURN TO ACTIVITY PHASE (Week 8 and beyond)**

#### ***Goals:***

Progressively increase activities to prepare patient for full function return

#### ***Exercises:***

Initiate intervals sports program (i.e. – throwing, tennis)  
Continue all exercises as in phase III (throw and train on same day, lower extremity and upper extremity on opposite days)  
Progress interval program