

SLAP Repair

Definition: SLAP = (Superior Labrum, Anterior and Posterior) is a lesion that begins posterior in the labrum and extends anteriorly, involving the anchor of the long head of the biceps brachii to the labrum. In repair of a SLAP lesion, the Labral-biceps complex is reattached.

Phase I: Immediate Motion Phase (0-3 weeks)

Goals: Allow healing of soft tissue, early-protected ROM, retard muscle atrophy, decrease pain/inflammation

Sling for 6 weeks (removed 2-3 times per day in order to perform the exercises to follow).

PROM and AAROM with the following restrictions:

Week 1: Flexion to 60 degrees

ER at side to neutral

IR in scapular plane as tolerated

Week 2: Flexion to 75 degrees

ER in scapular plane to neutral (0 degrees)

Week 3: Flexion to 90 degrees

ER in scapular plane to neutral (0 degrees)

Initiate PROM/AAROM as follows: Pendulum

Active Assisted Flex - supine

Wand ER – sup

Posterior shld stretch- **Only at 6 weeks**

Initiate isometrics in a PAIN-FREE manner as follows:

Shld Flex, Ext, IR, ER, and elbow Ext.- **No ER of Shoulder Past Neutral**

****NO ISOLATED BICEPS CONTRACTION**

Gentle mobilizations and manual stretching by therapist

Modalities prn for pain and inflammation

Phase II: Intermediate Phase (3-6 weeks)

Criteria: Minimal pain and inflammation, stable shoulder

Goals: Gradual increase in ROM, improve strength, decrease pain/inflammation

PROM and AAROM progressed with the following restrictions:

Week 4: Flexion to 120-130 degrees

ER in scapular plane 30-40 degrees

Week 5: Flexion to 130-140 degrees

ER in scapular plane 40 degrees

Week 6: Flexion to 145 degrees

ER in scapular plane to 50 degrees

IR in scapular plane to full motion

Continue previous ROM exercises and jt. mobs as needed

Continue previous isometric exercises

Initiate supine basic rhythmic stabilization exercises (see addendum for progression)

Begin IR/ER theraband at side as pt. tolerates

Begin dumbbell isotonic as tolerated: Forward Flex

Scaption

SL ER

**STAY HIGH REP LOW RESISTANCE WITH ABOVE EXERCISES
OR ANY THAT AFFECT THE GLENOHUMERAL JOINT AND
MAY FIRE THE BICEPS!!!!!!**

Initiate UE and scapular strengthening: Triceps

Shrugs

Scapular retractions

SA

Push-up with a plus (6 wks)

Phase III: Strengthening Phase (6 weeks – 12 weeks)

Criteria: Minimal pain, nearly complete ROM

Goals: Normalize ROM, improve strength, improve neuromuscular control, normalize arthrokinematics

Begin UBE at 7-8 wks

Continue ROM and jt mobs as needed.

****Begin posterior capsule stretches light to aggressive** (6 weeks)**

FULL ROM SHOULD BE ACHIEVED BY 10-12 WEEKS

Progress Phase II exercises

Initiate LIGHT resisted biceps at 10 weeks (no > 1 lb. or soda can)
Initiate prone dumbbell exercises at 6 weeks
Initiate manual resisted D2 flexion and extension in supine and progress to include theraband D2 flexion and rhythmic stabilization exercises in standing (see addendum for progression)
Initiate basic dynamic stabilization at 8-10 weeks (see addendum for progression)
Initiate basic plyometrics at 3 months (see addendum)
Isokinetics if required at 3 months

Phase IV: Return to Activity Phase (3 months)

Criteria: Full painless ROM, satisfactory clinical exam, muscle strength that fulfills work/sport requirements

Advance biceps strengthening to 2 lb. or greater
Progress previous strengthening program – continue to increase weight resistance with isotonics
Focus exercises on eccentric strengthening of post. rotator cuff and scapular muscles
Add total body conditioning, including strength and endurance training if appropriate (athlete or required by pt's job)
Initiate sport/work specific drills or activities

Initiate appropriate interval throwing, pitching, tennis, and golf Program as appropriate at 12 weeks.

Return to sport, work, and prior activity level unrestricted base on physician approval and completion of rehab

Red Flags:

OK to have mild discomfort with exercises, but if it persists > 1 hr., the intensity of the exercises must be decreased.

If there is an increase in night pain, the program must be altered to decrease the intensity.