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ISOLATED SLAP REPAIR

POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 7

- Sling x 6 weeks – Even while sleeping
- Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack

GOALS

- Pain control
- Protection

DAYS 7 – 14

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Active assist motion (AAROM) supine with wand
- Flexion to 90 degrees
- Abduction to 60 degrees
- ER to 15 degrees
- IR to 45 degrees
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

GOAL

- AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 2 – 4

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- AAROM supine with wand
- Flexion to 120 degrees
- Abduction to 90 degrees
- ER to 30 degrees
- IR to 60 degrees

GOAL

- AAROM Flexion to 120 degrees, Abduction to 90 degree

WEEKS 4 – 6

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- AAROM (supine with wand, wall climbs)

- Flexion to 150 degrees
- Abduction to 120 degrees
- ER to 50 degrees
- IR to 60 degrees
- Push-up plus against the wall
- Treadmill – Walking progression program

GOAL

- AAROM Flexion to 150 degrees, Abduction to 120 degrees

WEEKS 6 – 9

- D/C Sling
- Continue appropriate previous exercises
- AAROM, AROM through full range
- Begin pulleys prn
- Wand behind back for IR
- Rotator cuff strengthening with Theraband
- ER and IR arm at side with rolled towel in axilla
- Flexion to 60 degrees
- Abduction to 60 degrees
- Scaption to 60 degrees
- Extension to 30 degrees
- Standing rows with Theraband
- Resistive elbow / wrist exercises with light dumbbell
- Push-up progression – Wall
- Body Blade
- Ball on wall (arcs, alphabet)
- BAPS on hands
- UBE – Forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Pool walking / running – No UE resistive exercises

GOALS

- Full AROM
- 30 wall push-ups

WEEKS 9 – 12

- Continue appropriate previous exercises with increased resistance
- PROM / mobilization as needed to regain full ROM
- Seated row weight machine with light weight
- Push-up progression – Wall to table
- Ball toss with arm at side using light ball
- Treadmill – Running progression program
- Pool therapy – With UE resistance

GOAL

- Rotator cuff strength WNL

MONTHS 3 – 4

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Weight training with light resistance (no overhead press, pull downs, lateral lifts)

- Push-up progression – Table to chair

GOALS

- Run 2 miles at easy pace
- 30 chair push-ups

MONTHS 4 – 6

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Gravitron – Pull-ups and dips
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

GOAL

- Resume all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****

SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day



ADAPTED FROM:

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