

Post-Operative Rehabilitation
Arthroscopic Superior Labrum (SLAP) Repair of the Shoulder
Dr. Joshua Alpert



Post-op Phase	Sling	ROM	Therapeutic Exercise	Precautions	
Phase one Week 0-4 Goals: *Allow healing of the repaired labrum *Initiate early protected and restricted ROM *Minimize muscular atrophy *Decrease pain/inflammation	per MD instructions Pendulum exercises several times/day	PROM ONLY Weeks 0-2 *flexion as tolerated *ER/IR with arm in scapular plane at 40° abduction: *ER to 15° *IR to 45° Weeks 3-4 Flexion as tolerated Abduction to 80° *ER/IR with arm in scapular plane at 40° *ER 30° *IR 60°	Pendulum exercise Active-assisted supine FF as tolerated. ERN as tolerated Scapular retraction IR behind back **NO active ER, extension or abduction	Isometric exercises at 0° of abduction Ball squeezes Rhythmic stabilization ROM for elbow, forearm, hand	Avoid ER in abduction Caution to avoid excessive shoulder extension
Phase Two 5-7 weeks after surgery Goals: *Gradual increase in ROM *Decrease pain/inflammation NO Strengthening	D/C sling	*flexion as tolerated *ER at 45° abduction: 50° *IR at 45° abduction to 60° *At 6 weeks begin light and gradual ER at 90° abduction-progress to 45° ER *OK to start AROM	ERN IR behind back Supine FF as tolerated	Continue phase 1 exercises: *Active-assisted progressing to active forward flexion with scapulohumeral rhythm *sidelying ER *Sidelying scaption *prone row *Prone extension *Prone T *Standing scaption *Theraband ER/IR *proprioception drills	Gentle mid-range ER in POS, gradually progress to coronal plane Cautiously improve ERN

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Post-op Phase	Sling	ROM	Therapeutic Exercise	Precautions	
Phase Three 8-12 weeks Goals: *Gradually restore full range of motion *Start strengthening *Improve neuromuscular control *Enhance proprioception and kinesthesia	D/C sling	Gradually progress ROM: *flexion to 180° *ER at 90° abduction: 90° *IR at 90° abduction: progress to full	ER @ scapular plane Wall slide IR behind back Horizontal adduction sidelying IR @90° hands behind head starts 9th week post op overhead pulley	*Theraband exercises: ER, IR, forward, punch, shrug, dynamic hug, "w's biceps curl starts week 9 seated row starts week 11 *Dynamic exercise: continue from phase PRE 1-3lb as tolerated Prone Y continue RS proprioception drills *scapulohumeral rhythm exercises	continue same as above

Post-Op Phase	Stretching exercises	Strengthening exercises	Return to Sports	Precautions
Phase 4 12-16 weeks Goals: *Full ROM *Improve strength, power & endurance *improve neuromuscular control *improve dynamic stability *improve scapular muscular strength	Gradually stretch to full ROM continue previous stretches	*Continue phase 3. optional exercise theraband: add 'T's, diagonal up and down Add Prone 'U's Weight training can begin plyometric exercises: rebounder throws arm at side wall dribbles overhead	Not yet	Weight training per surgeon Continue to avoid excessive or forceful extension and ER
Phase 5 16-20 weeks Goals: Progressively increase activities to prepare patient for unrestricted functional return	Full ROM	continue above Plyometrics Add rebounder throws with weighted ball decelerations wall dribbles @90° wall dribble circles	interval sports programs can begin per MD	weight training precautions shoulder brace an option for collision sports