

## REHABILITATION PROTOCOL: ARTHROSCOPIC SHOULDER SLAP REPAIR

### □ Phase 1 (Weeks 0-4)

- Sling immobilization at all times except for showering and rehab under the guidance of PT
- Range of motion: AAROM → AROM as tolerated
  - Restrict motion to 140° of forward flexion, 40° of external rotation and internal rotation to stomach
- Therapeutic exercises
  - Wrist and hand range of motion
  - Grip strengthening
  - Isometric abduction, internal and external rotation exercises with elbow at side
  - No resisted forward flexion and elbow flexion to avoid stressing the biceps origin
- Heat/ ice before and after physical therapy sessions

### □ Phase 2 (Weeks 4-6)

- Discontinue sling immobilization
- Range of motion
  - Increase forward flexion, full internal and external rotation as tolerated
- Therapeutic exercises
  - Advance isometrics from Phase 1 to use of a theraband within AROM limitations
  - Continue with wrist, hand ROM and grip strengthening
  - Begin prone extensions and scapular stabilizing exercises (traps, rhomboids, levator scapulae)
  - Gentle joint mobilization
- Modalities per PT discretion

### □ Phase 3 (Weeks 6-12)

- Range of motion
  - Progress to full AROM without discomfort
- Therapeutic exercises
  - Advance theraband exercises to light weights (1-5lbs)
  - Rotator cuff, deltoid, and scapular stabilizers (8-12 repetitions/ 2-3 sets)
  - Begin UE ergometer
- Modalities per PT discretion

### □ Phase 4 (Months 3-6)

- Range of motion
  - Full without discomfort
- Therapeutic exercises
  - Advance exercises in Phase 3 (strengthening 3x per week)
  - Return to throwing at 4.5 months
  - Return to sports at 6 months if approved
- Modalities per PT discretion