

# ARTHROSCOPIC SLAP LESION REPAIR (TYPE II)

## **Phase I - Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)**

**Goals:** Protect the anatomic repair  
Prevent negative effects of immobilization  
Promote dynamic stability  
Diminish pain and inflammation

### **Week 0-2:**

Sling for 4 weeks  
Sleep in sling for 4 weeks  
Elbow/hand ROM  
Hand gripping exercises  
Passive and gentle active assisted ROM exercise  
Flexion to 60 degrees (Week 2: Flexion to 75 degrees)  
Elevation in scapular plane to 60 degrees  
ER/IR with arm in scapular plane  
ER to 10-15 degrees  
IR to 45degrees

**\*\*NO active ER or Extension or Abduction**

**Submaximal isometrics for shoulder musculature**

**NO isolated Biceps Contractions**

**Cryotherapy, modalities as indicated**

### **Week 3-4:**

Discontinue use of sling at 4 weeks  
Sleep in sling until Week 4  
Continue gentle ROM exercises (PROM and AAROM)  
Flexion to 90 degrees  
Abduction to 75-85 degrees  
ER in scapular plane to 25-30 degrees  
IR in scapular plane to 55-60 degrees  
**\*\*NOTE:** Rate of progression based on evaluation of the patient.  
No active ER, Extension or Elevation  
Initiate rhythmic stabilization drills  
Initiate proprioception training  
Tubing ER/IR at 0 degrees Abduction  
Continue isometrics  
Continue use of cryotherapy

### **Week 5-6:**

Gradually improve ROM

Flexion to 145 degrees

ER at 45 degrees abduction: 45-50 degrees

ER at 45 degrees abduction: 55-60 degrees

May initiate stretching exercises

May initiate light (easy) ROM at 90 degrees Abduction

Continue tubing ER/IR (arm at side)

PNF manual resistance

Initiate Active Shoulder Abduction (without resistance)

Initiate Prone Rowing, Prone Horizontal Abduction

NO Biceps Strengthening

### **Phase II - Intermediate Phase: Moderate Protection Phase (Week 7-14)**

Goals: Gradually restore full ROM (week 10)

Preserve the integrity of the surgical repair

Restore muscular strength and balance

### **Week 7-9:**

Gradually progress ROM:

Flexion to 180 degrees

ER at 90 degrees abduction: 90-95 degrees

IR at 90 degrees abduction: 70-75 degrees

Continue to progress isotonic strengthening program

Continue PNF strengthening

Initiate Throwers Ten Program (if applicable)

### **Week 10-12:**

May initiate slightly more aggressive strengthening

Progress ER to Throwers Motion (if applicable)

ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)

Progress isotonic strengthening exercises

Continue all stretching exercises

\*\*Progress ROM to functional demands (i.e. overhead athlete)

Continue all strengthening exercises

### **III. Phase III - Minimal Protection Phase (Week 14-20)**

Goals: Establish and maintain full ROM Improve muscular strength, power and endurance

Gradually initiate functional activities

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

**Week 14-16:**

Continue all stretching exercises (capsular stretches)  
Maintain Throwers Motion (Especially ER)  
Continue strengthening exercises:  
    Throwers Ten Program or Fundamental Exercises  
    PNF Manual Resistance  
    Endurance training  
    Initiate light plyometric program  
    Restricted sport activities (light swimming, half golf swings)

**Week 16-20:**

Continue all exercise listed above  
Continue all stretching  
Continue Throwers Ten Program  
Continue Plyometric Program  
Initiate interval sport program (throwing, etc)  
\*\*See interval Throwing Program

**IV. Phase IV - Advanced Strengthening Phase (Week 20-26)**

**Goals:** Enhanced muscular strength, power and endurance Progress  
functional activities

Maintain shoulder mobility

**Criteria to enter Phase IV:**

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

**Week 20-26:**

Continue flexibility exercises  
Continue isotonic strengthening program  
PNF manual resistance patterns  
Plyometric strengthening  
Progress interval sport programs

## **V. Phase V Return to Activity Phase (Month 6 to 9)**

Goals: Gradual return to sport activities

Maintain strength, mobility and stability

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

### **Exercises:**

Gradually progress sport activities to unrestricted participation

Continue stretching and strengthening program