

ISOLATED SLAP REPAIR

Revised May 2005

Post-op Days 1 – 7

Sling x 4 weeks – Even while sleeping
– Place pillow under shoulder / arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist 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 4 weeks
Continue appropriate previous exercises
Full pendulum exercises
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 4 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 degrees

Weeks 4 – 6

D/C Sling
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

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

Goals

Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op