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Arthroscopic S.L.A.P. Repair

Week 1-3

Precautions:

Wear immobilizer continually
Patients 30 years and younger will wear the immobilizer 3 weeks
Patients over 30 years will wear the immobilizer 2 weeks
Time in the immobilizer may change based on surgical findings
No overhead activities for 6 weeks

Rehabilitation:

Under 30 years old

PROM/AROM: Arm held in immobilizer, no motion permitted for post-op weeks 0-3
AROM: Scapular PNFs, cervical, elbow and hand activities

Over 30 year old

PROM/AROM: Flexion 90 degrees
Avoid: All other planes of movement
AROM: Scapular PNFs, cervical, elbow and hand activities

Week 2/3-5

Discontinue use of immobilizer as appropriate for age group

Joint mobilization:

All planes up to grade III within restriction guidelines, Grade IV for flexion is permissible

ROM Limitations:

Flexion: unlimited
Abduction: 90 degrees
External Rotation: 60 degrees at 90 degrees abduction
Internal Rotation: 75 degrees at 30 degrees abduction
No external rotation and /or horizontal abduction posterior to the plane of the body

Exercises:

PRE in cardinal and diagonal planes, scapular stabilization, CKC, and core strength exercises within motion restrictions.

Week 6-8

Progress to full ROM
Continue with above exercises

Week 13-15

Begin plyometrics

Week 16

Begin interval throwing program

Week 24

Return to full activity
Begin throwing from the mound