



## SUPERIOR LABRAL ANTERIOR-POSTERIOR (SLAP) REPAIR

### PHYSICAL THERAPY PROTOCOL

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**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

**Procedure: Right / Left Shoulder SLAP Repair**

\_\_\_ Evaluate and Treat \_\_\_\_\_ Provide patient with home program

Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

**Phase I (0-4 wks): *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.***

**Weeks 0-1: No formal PT.**

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).



#### **Weeks 1-4: Begin formal PT (2-3 x/wk).**

- Sling at all times (except for hygiene and PT).
- **ROM:** Restrict motion to 90 deg FF / 20 deg ER at side / IR to stomach / 45 deg abduction. **No IR up the back or ER behind head. Forward flexion should not be combined with cross-body adduction.**
  - Progress PROM → AAROM → AROM as tolerated within the above limits
  - Heat before, ice after.
- **Strengthening:** Cuff/periscapular/deltoid isometrics in sling, within above motion limits. **No resisted forward flexion or elbow flexion (biceps) until 6 weeks post-op to protect the biceps root.**

#### **Phase II (4-8 wks): Progress to active motion and protected strengthening.**

- D/C sling if cleared by MD
- **ROM:** Progress AROM to 140 deg FF / 40 deg ER with arm at side / 60 deg ABD/IR behind back to waist.
- **Strengthening:**
  - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits. **Do not begin light bands for forward flexion or elbow flexion until after 6 wks.**
  - Modalities as per PT discretion

#### **Phase III (8-12 wks): Advance ROM and more aggressive strengthening.**

- **ROM:** Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 wks if not at full motion.
  - Goal: full ROM by 3 months.
- **Strengthening:** Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)

#### **Phase IV (3-12 months): Progress to sport/occupation-specific rehab.**

- **ROM:** Aggressive passive stretching at end ranges if full motion not yet achieved.
- **Strengthening/Activities:**
  - Continue bands/light weights as above, 3x/wk.
  - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sport-specific/job-specific exercises by 4 months.
  - **Throwers:**



- @ 4.5 months, may begin light-tossing if full-strength and motion.
- @ 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
  - Overhead work without lifting is usually possible @ 4.5-6 months.
  - Can resume heavy labor once full-strength achieved (usually 6-9 months).

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_ would \_\_ would not benefit from social services.**

\_\_\_\_\_

**Date:**\_\_\_\_\_

**Bryan M. Saltzman, MD**