

S.L.A.P. RECONSTRUCTION PROTOCOL

Postop

0-3 Weeks

PROM limited to: 90° flexion, 90° abduction, 0° external rotation, and 0° extension

Avoid hyperextension of elbow

Sling worn at all times to support glenohumeral joint

1. PROM to tolerance within limitations
2. Postural awareness education
3. Submaximal isometrics for shoulder musculature - avoid forward elevations
4. Thera-putty and light resisted wrist isometrics
5. Soft tissue mobilization as tolerated
6. Ice/cryocuff as needed
7. Cardiovascular exercises - stationary bike, treadmill with arm supported

3-6 Weeks

ROM limited to: 120° flexion, 120° abduction, and 30° external rotation

Wean from sling - no active arm swing until after 4 weeks

1. PROM/AAROM (supine wand) to tolerance within limitations
2. Gentle manual resistance for scapular motions
3. Gentle rotator cuff strengthening
4. Gentle joint mobilization to scapula

6-8 Weeks

ROM only limited to 60° external rotation

1. Progress PROM within limitations
2. AAROM/AROM within pain tolerance - seated wand, pulleys, UBE
3. Initiate light resisted elbow flexion and extension
4. Gentle open kinetic chain rhythmic stabilization exercises in supine

8-12 Weeks

ROM limited to 60° external rotation

1. AROM with emphasis on quality of motion, avoid shoulder hiking with elevation
2. Strengthening exercises for scapular stabilizers and rotator cuff. May include PREs, eccentric rotator cuff, PNF (avoid heavy resistance in painful end ranges), and weight equipment. Emphasis of strengthening on high reps and low weight, with postural awareness.
3. Progress closed kinetic chain exercises as tolerated
4. Isokinetic at fast speeds blocking end ranges - avoid impingement

Goal: Full PROM (external rotation to 60°) by 12 weeks

12-24 Weeks No ROM limitations

1. Progress to independent strengthening program
Reinforce postural awareness, quality of exercise techniques, and proper PRE progression-frequency, duration and intensity
2. Coordinate sports specific training to begin return to normal function or sport

Goals: 1. Full pain-free AROM

2. Strength 95% of uninvolved side

3. Return to full activity or sports without restriction by 24 weeks