



University of Delaware
 Physical Therapy Clinic
 Newark, DE 19716
 (302) 831-8893

**Rehab Practice Guidelines for:
 SLAP Repair**

Assumptions: Grade 2 or 4 (biceps involvement) SLAP lesion repair

Primary surgery: SLAP repair
 Secondary surgery (possible): MGHL repair

Precautions: No passive shoulder extension or horizontal abduction for 2-4 weeks (Primary surgery)
 No resisted shoulder flexion/horizontal adduction for 4-8 weeks (Primary surgery)
 No resisted elbow flexion for 8-12 weeks (Primary surgery)
 Caution with forceful supination with elbow flexed for 4-6 weeks (Primary surgery)
 No ER at 0 abduction (Secondary surgery)

Expected # of visits: **12-27**

<u>Week 1</u>	<u>Treatment</u>	<u>Milestones</u>
No formal PT No driving	Ice shoulder for pain and inflammation control Remove sling TID for Codman's exercises	Comfortably sleep through the night
<u>Weeks 2-4</u>	Modalities for pain and inflammation control as needed Incision mobilization Test glenohumeral accessory motions <i>if hypomobile</i> - Rx: grade III/IV mobilizations <i>if normal mobility</i> - Rx: grade I/II mobilizations for pain control and to prevent adhesions Passive Range of Motion (ROM) exercise in all planes except ER at 0_ if MGHL repair Active ROM in all planes except abduction and flexion, begin in gravity minimized. focus on scapulo-humeral rhythm and scapular stabilization	No hypomobility or hypersensitivity of scars AROM/PROM: Horz Add: full IR: full flex/abd: 120 ER: 45 in plane of scapula Ext: To plane of body Full gleno-humeral joint mobility (e.g. inferior and posterior glides) Normal scapulo-humeral rhythm
Begin PT 2-3 visits/week Total Visits 6-9		

<p><u>Weeks 5-8</u></p> <p>1-3 visits/wk</p> <p>TOTAL VISITS 9-18</p>	<p>PRE's for all other shoulder motions Begin resisted flexion strengthening in gravity minimized positions progressing to gravity resisted</p>	<p>AROM/PROM ER: 60 in plane of scapula FLEX/ABD: 135. After week six progress to full. Ext: to 20 beyond the plane of the body</p>
<p><u>Weeks 8-12</u></p> <p>1-3 visits/wk</p> <p>TOTAL VISITS 12-27</p>	<p>PRE's for all shoulder motions Dynamic stabilization exercises Progress to home exercise program for strengthening</p>	<p>Maintains full AROM and PROM Independent with home exercises MMT 5/5 all shoulder motions</p>
<p><u>Weeks 12-16</u></p> <p>Physical therapy as needed for sport/work specific activities</p>	<p>Progress sport/work specific rehabilitation</p>	<p>Return to sport/work</p>