

## **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

**NOTE:** *It is expected that when the therapist performs PROM and/or manual therapy of any sort, he or she will take into account the surgical procedure, post-op time frame, protocol, joint play/end feel and the patient's pain tolerance.*

### **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