



S.L.A.P. REHABILITATION

PHASE I

0-3 wks post-op *Passive Range of Motion (PROM)

- Glenohumeral ER – Work toward 75% of contralateral ER (Focus on glenohumeral motion and not just gross shoulder motion.)
- Glenohumeral ABD 0° - 90°
- Gross shoulder Elevation (Scaption) 0° - 140°. No sagittal plane Flexion stretch.
- No IR stretch (arm to stomach when elbow at side only).
- Pendulums/Codman's
- Sling for sleep and most activity, o.k. to remove for sedentary periods.
- OK to use hand cautiously for functional tasks such as typing.
- Postural work, upper trapezius relaxation, active scapular retraction and depression.
- Encourage a walking program, stationary bike, etc for cardio. Rest only on bars, no pulling or out of saddle.
- Wrist/Hand ROM. Passive Elbow ROM

PHASE II

3-6 wks post-op *Active Assisted Range of Motion (AAROM) Active Range of Motion (AROM)

- Glenohumeral ER – Work toward full ER (OK to position between 0° - 60° ABD).
- Gross shoulder Elevation (Scaption) 0° - full
- Begin Active Assisted elevation supine. When at least 150°, progress to upright Active Assisted elevation and supine Active elevation. When supine Active elevation at least 150°, progress to upright Active elevation.
- No sling needed. May use it for safety.
- Aquatic Therapy AAROM-AROM
- Isometrics when patient has active elevation to at least 150°.

**Goals at 6 weeks: Full ER and scaption, functional use of arm at side, minimal pain, good posture.

PHASE III

6+ wks post-op *Resistance

- OK to begin pure Flexion and ABD stretches, IR stretch in full ABD, and ER stretch in full ABD.
- Isometrics
- Begin gentle isotonic exercises week 8, muscle groups except biceps
- Light closed chain exercises such as wall pushups week 8.
- OK to run
- Progressive resistance individualized to patient progress.

PHASE IV

3+ months post-op *Begin to institute return to Lower Demand Sports - develop progressive, sport-specific goals prior to full participation

- Golf (trailing arm may be ready to return before lead arm), Fly fishing
- Begin focused biceps resistance training. Initially light weight/high repetition.



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PHASE V

5+months post-op *Return to Sport

- Throwing, Racquet Sports, Boating, Skiing
- Return to weightlifting