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SHOULDER SLAP REPAIR PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p Shoulder Arthroscopic SLAP Repair

PHASE I (0-4 weeks post-op):

- Protect anterior capsule from stretch. Limit ER to 10° and Abduction & Forward Elevation to 90°;
- Keep all motion within scapular plane
- Passive supine forward elevation in plane of scapula to 90°; Passive supine ER to 10°
- Passive elbow motion; No active elbow flexion / biceps contraction
- Wrist and gripping exercises; Deltoid isometrics; Modalities PRN
- Sling at all times except during exercise

PHASE II (4-6 weeks post-op)

- Pendulum exercises & Codman's within controlled arc below 110°
- Increase passive supine ROM with goal to achieve full shoulder motion by 8 weeks
- Pool exercises: gentle shoulder AAROM forward elevation, abduction, extension, horizontal
- adduction; elbow flexion and extension
- Continue wrist and gripping exercises; Deltoid isometrics
- Modalities PRN; Begin lower extremity and trunk strengthening
- D/C sling at 6 weeks

PHASE III (6-12 weeks post-op):

- 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side (limit to 45° ER)
- Progress flexion to 160°
- 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction
- Pool exercises AROM all directions below horizontal, light resisted motions in all planes
- AAROM activities to restore flexion, IR, horiz ADD
- Deltoid, Rotator Cuff isometrics progressing to isotonics
- PRE's for scapular muscles, latissimus, biceps, triceps
- PRE's work rotators in isolation (use modified neutral)
- Joint mobilization (posterior glides)

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- Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics
- Utilize exercise arcs that protect anterior capsule from stress during PRE's
- Keep all strength exercises below the horizontal plane in this phase

PHASE IV (12-16 weeks post-op):

- Continue AROM activities to restore full ROM & normal restore scapulohumeral rhythm
- Aggressive scapular stabilization and eccentric strengthening program
- PRE's for all upper extremity musculature (begin to integrate upper extremity patterns); Continue
- to emphasize eccentrics and glenohumeral stabilization; All PRE's are below horizontal plane
- for non-throwers
- Begin isokinetics & muscle endurance activities (UBE)
- Continue with agility exercises & advance functional exercises; Full return to sporting activities