

S.L.A.P. RECONSTRUCTION PROTOCOL

Weeks 0 to 3:

1. Sling worn at all times to support glenohumeral joint.
2. PROM limited to: 90 flexion, 90 abduction, 0 external rotation and 0 extension.
3. Avoid hyperextension of elbow
4. PROM to tolerance within limitations
5. Postural awareness education
6. Sub-maximal isometrics for shoulder musculature-avoid forward elevations
7. Theraputty and light resisted wrist isometrics
8. Soft tissue mobilization as tolerated
9. Ice/Cryocuff as needed
10. Cardiovascular exercises-stationary bike, treadmill with arm supported

Weeks 3 to 6:

1. ROM limited to: 120 flexion, 120 abduction, and 30 external rotation
2. Wean from sling-no active arm swing until after 4 weeks
3. PROM/AAROM (supine wand) to tolerance within limitations
4. Gentle manual resistance for scapula motions
5. Gentle rotator cuff strengthening
6. Gentle joint mobilization to scapula

Weeks 6 to 8:

1. ROM only limited to 60 external rotation
2. Progress PROM within limitations
3. AAROM/AROM within pain tolerance-seated wand, pulleys, UBE
4. Initiate light resisted elbow flexion and extension
5. Gentle open kinetic chain rhythmic stabilization exercises in supine

Weeks 8 – 12:

1. ROM limited to 60 external rotation
2. AROM with emphasis on quality of motion, avoid shoulder hiking with elevation
3. Strengthening exercises for scapula stabilizers and rotator cuff
4. May include PRE's, eccentric rotator cuff, PNF (avoid heavy resistance in painful end ranges), and weight equipment
5. Emphasis of strengthening on high reps and low weight, with postural awareness
6. Progress closed kinetic chain exercises as tolerated
7. Isokinetic at fast speeds blocking end ranges-avoid impingement
8. Goal: Full PROM (external rotation to 60) by 12 weeks

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Weeks 12-24:

1. No ROM limitations
2. Progress to independent strengthening program
3. Reinforce postural awareness, quality of exercise techniques, and proper PRE progression-frequency, duration and intensity
4. Coordinate sports specific training to begin return to normal function or sport
5. Goals:
 - a. Full pain free AROM
 - b. Strength 95% of non-involved side
 - c. Return to full activity or sport without restriction by 24 weeks