

## SLAP/Labral Repair Protocol (Petkovic)

### PHASE 1---

#### IMMEDIATE POSTOPERATIVE PHASE (Postoperative day 1 to Week 6)

##### Goals:

Protection of anatomic SLAP repair

Control postoperative pain / inflammation

Promotion of shoulder musculature cocontraction

Retard muscular atrophy

Early controlled motion glenohumeral / scapulothoracic joints

#### Weeks 0-2

- Sling 4 weeks or per MD recommendation
- Sleep in shoulder sling / brace for 4 weeks
- Elbow, wrist, hand ROM, gripping exercise • PROM / light AAROM glenohumeral joint
- Flexion to 60 degrees (week 1)
- Flexion to 70-75 degrees (week 2)
- ER to 10 degrees
- IR to 30 degrees
- Submaximal isometrics for shoulder musculature (no biceps)
- No active shoulder ER / Extension / Abduction
- Initiate proprioceptive training end of week 1

#### Week 3-4 • Discontinue sling / immobilizer at 3-4 weeks or per MD recommendation

- Continue PROM / AAROM (progression based on evaluation of patient and subjective patient report)
- Flexion to 90 degrees • Abduction to 80 degrees

- ER to 30 degrees
- IR to 40 degrees
- Initiate scapular neuromusculature reeducation (rhythmic stabilization)
- Continue shoulder isometrics (no bicep contractions)
- Initiate shoulder isotonic program at 0 deg of shoulder abduction ER / IR 2
- Cryotherapy with progression to thermal (heat) at week 3

Week 5-6:

- Gradually improve ROM of shoulder
- Flexion to 145 degrees
- ER at 45 degrees abduction: 45-50 degrees
- ER at 45 degrees abduction: 55-60 degrees
- At 6 weeks begin slow progression toward ER at 90o abduction – progress to 30-40o ER
- May initiate stretching exercises • Continue isotonic tubing ER/IR (arm at side)
- Initiate Active Shoulder Abduction (without resistance) • Initiate “Full Can” Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- NO Biceps Strengthening

II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)

Goals:

Gradually restore full ROM (week 10-12)

Protect the integrity of the surgical repair

Restore muscular strength and balance

Week 7-9:

- Gradually progress ROM:
  - Flexion to 180 degrees
  - ER at 90 degrees abduction: 90-95 degrees
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
  
- Initiate Throwers Ten Program Week 10-12:
  - May initiate slightly more aggressive strengthening
  - Progress ER to Throwers Motion (if applicable)
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
  - Progress isotonic strengthening exercises to include manual resistance
  - Continue all stretching exercises
- \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises

### III. Phase III – Minimal Protection Phase (Week 14-20)

Goals:

Establish and maintain full ROM (throwers motion)

IMPROVE muscular strength

INITIATE power and endurance

Gradually initiate functional activities

Criteria to enter Phase III:

1) Full non-painful ROM

2) Satisfactory stability

3) Muscular strength (good grade or better)

4) No pain or tenderness

Week 14-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (emphasis on shoulder ER)
- Continue strengthening exercises:
  - Throwers Ten Program with progression to Advanced Throwers Program
  - PNF Manual Resistance
  - Endurance training (stabilization/perturbation at end range 90/90 position)
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)

Week 16-20:

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program / Advanced Throwers 10 program
- Continue Plyometric Program (90/90 positioning plyos)
- Initiate interval sport program (throwing, if applicable)

\*\*\*See interval Throwing Program, if applicable\*\*\*

IV. Phase IV – Advanced Strengthening Phase (Week 20-26)

Goals:

Enhanced muscular strength, power and endurance

Progress functional activities

Maintain shoulder mobility

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Week 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs

V. Phase V – Return to Activity Phase (Month 6 to 9)

Goals:

Gradual return to sport/work activities

Maintain strength, mobility and stability

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability upon examination
- 4) No pain or tenderness

Exercises:

- Gradually progress sport/work activities to unrestrictive participation
- Continue stretching and strengthening program