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ARTHROSCOPIC SLAP LESION REPAIR (TYPE II) PROCEDURE PHYSICAL THERAPY PROTOCOL

PHASE I - 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
- 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

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- ER at 45 degrees abduction: 55-60 degrees
- At 6 weeks begin slow progression toward ER at 90° abduction
progress to 30-40° 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

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
 - 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

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

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Criteria to enter Phase III:

- Full non-painful ROM
- Satisfactory stability
- Muscular strength (good grade or better)
- 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)
**See interval Throwing Program

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:

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

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Week 20 - 26

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



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

Goals:

- Gradual return to sport activities
- Maintain strength, mobility and stability

Criteria to enter Phase V:

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

Exercises:

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