

Rehabilitation Following Arthroscopic SLAP Lesion Repair (Type II) & Bursectomy in the Overhead Thrower (Accelerated)

I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

Goals: Protect the anatomic repair.
Prevent negative effects of immobilization.
Promote dynamic stability.
Diminish pain and inflammation.

Week 0-1:

- Sling for 4 weeks (slight abduction sling)
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
 - Flexion to 90 degrees (Week 2: Flexion to 120 degrees)
 - Elevation in scapular plane to 60 degrees
 - ER/IR at 30 degrees abduction with arm in scapular plane
 - ER to 15-25 degrees
 - IR to 45 degrees
- **NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Scapular muscle training through manual resistance
- Address posture
- Cryotherapy, Laser, modalities as indicated

Week 2:

- PROM & AAROM progression:
- Flexion to 125-145 degrees
- ER/IR performed at 45 degrees abduction in scapular plane:
- ER to 35-45 degrees
- IR to 45-50 degrees

Week 3-4:

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- ROM exercises (PROM and AAROM)
 - Flexion to 146-160 degrees
 - ER in scapular plane at 90° abd to 50-60 degrees (75 degrees at end of week 3)
 - ER at 90 degrees of abduction to 90 degrees (at end of week 4)
 - IR in scapular plane and 90° abd to 50-55 degrees
- **NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Continue scapular training

- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

Week 5-6:

- Gradually improve ROM
 - Flexion to 170-175 degrees (at week 6)
 - ER at 90 degrees abduction: 100-105 degrees
 - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue 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).
Preserve 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: 115-120 degrees
 - IR at 90 degrees abduction: 50-55 degrees
- Continue to progress isotonic strengthening program
- Initiate Throwers Ten Program (week 7-8)

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)
 - Initiate sleeper stretch (light) **IN MODIFIED SIDELYING POSITION ONLY**
- Progress isotonic strengthening exercises
- Initiate Advanced Throwers Ten program at week 12-14
- 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.
Improve muscular strength, 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 (Especially ER)
- Initiate Interval Hitting Program (if appropriate) at week 14
- Continue strengthening exercises:
 - Initiate Advanced Throwers Ten Program
 - PNF Manual Resistance
 - Endurance training
 - Initiate light plyometric program
 - Restricted sport activities (light swimming, half golf swings)

Week 16-20:

- Continue all exercise listed above
- Continue all stretching
- Continue Advanced Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)
 - **See interval Throwing Program
 - Interval Throwing program

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
- 5) Completed Plyometric program without pain

Week 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs
 - Progress off the mound throwing once ITP Phase I is completed without problems

V. 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:

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

Exercises:

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