



ARTHROSCOPIC SLAP LESION REPAIR (TYPE II) WITH THERMAL CAPSULAR SHRINKAGE

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 0-2:

- Sling for 4 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
 - Week 1: Flexion to 75 degrees (Week 2: Flexion to 90 degrees)
 - Elevation in scapular plane to 75 degrees
 - ER/IR with arm in scapular plane
 - ER to 10-15 degrees
 - IR to 45 degrees
- **NO excessive ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- Initiate rhythmic stabilization drills (day 5)
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

Week 3-4:

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
 - Flexion to 115-120 degrees
 - Abduction to 90-100 degrees
 - ER in scapular plane and 35° abd to 35-45 degrees
 - IR in scapular plane and 35° abd to 55-60 degrees
- **NOTE: Rate of progression based on evaluation of the patient.
- No excessive ER, Extension or Elevation
- Continue rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction (week 3)
- Continue isometrics
- Continue use of cryotherapy

Week 5-6:

- Gradually improve ROM
 - Flexion to 155-160 degrees
 - ER at 45 degrees abduction: 55-65 degrees
 - IR at 45 degrees abduction: 55-60 degrees
 - At 6 weeks begin light and gradual ER at 90° abduction – progress to 75° ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)

- PNF manual resistance
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- Progress to Throwers Ten program week 6
- NO Biceps Strengthening

II. **Phase II – Intermediate Phase: (Week 7-12)**

Goals: Gradually restore full ROM (week 8)
Restore function ROM (week 10-12)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Week 7-8:

- Gradually progress ROM:
 - Flexion to 180 degrees
 - ER at 90 degrees abduction: 90-100 degrees
 - IR at 90 degrees abduction: 60-65 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate AROM elbow flexion week 8

Week 8-10:

- Gradually increase ROM
 - ER at 90° abduction to 100-105 degrees
 - IR at 90° abduction to 60-65 degrees

Week 10-12:

- May initiate slightly more aggressive strengthening
- May progress isotonic elbow flexion week 12
- Progress ER to Throwers Motion from week 10-12
 - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises

- May begin 2-hand plyometrics week 12 (3-5 pounds)
 - Chest pass
 - Side to side throw
 - Overhead soccer throw

- Continue all stretching exercises
- **Progress ROM to functional demands (i.e. overhead athlete)
- Progress isotonic strengthening program
- Continue Throwers Ten program

III. **Phase III – Advanced Activity and Strengthening Phase (Week 12-22)**

Goals: Maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities
Enhance neuromuscular control
Progress 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 12-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
 - Throwers Ten Program or Fundamental Exercises
 - PNF Manual Resistance
 - Endurance training
- May initiate more aggressive strengthening
 - Push-ups
 - Bench press (DO NOT allow arm below body)
 - Seated row (DO NOT allow arm behind body)
 - Lat pulldowns (in FRONT of body)
- May progress plyometric throwing (14-18 days following initiation of 2-hand plyos)
 - 1-hand 90/90 throws (week 14)
 - wall dribbles
- Restricted sport activities (light swimming, half golf swings)

Week 16-22:

- Continue all exercise listed above
 - Continue all stretching
 - Continue Throwers Ten Program
 - Continue Plyometric Program
 - May resume normal training program
 - Initiate interval sport program (throwing, etc) week 16
- **See interval Throwing Program Phase I

Week 22:

- Continue isotonic strengthening, plyometrics, & flexibility
- Progress to Phase II interval throwing or sport specific training

IV. Phase IV – Return to Activity Phase (Week 26)

Goals: Gradual return to sport activities
Maintain strength, mobility and dynamic stability

Criteria to enter Phase IV:

- 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