



# Orthopaedic Protocols

## Slap Lesion Repair

### Phase I Weeks 1-3:

- Passive range of motion (PROM):
  - Week 1 range: flexion/elevation 0-60
  - Week 2 range: flexion/elevation 0-75
  - Week 3 range: flexion/elevation 0-90
  - External rotation (ER) week1 range: 0-15
    - Weeks 2-3 range: 0-30
  - Internal rotation (IR) as tolerated
  - PROM in the scapular plane
- Pendulum exercises
- Rope/pulley (flex, abd, scaption)
- Wand exercises-all planes within limitations
- Posterior capsule stretch
- Manual stretching & Grade I-II joints mobilizations
- **STRENGTHENING**
  - Initiate submaximal isometrics-NO elbow flexion
  - Initiate scapular stabilizer strengthening
  - Initiate UBE without resistance
- **BRACE**
  - Brace for 3 weeks or as noted
  - Brace removed for exercises above
- **MODALITIES**
  - E-stim as needed
  - Ice 15-20 mins.

### **GOALS OF FIRST PHASE:**

- Promote healing of tissue
- Control pain & inflammation
- Gradual increase in range of motion (ROM)
- Independent with home exercise program (HEP)
- Initiate muscle contraction

## **Slap Lesion Repair**

### **Phase II Weeks 3-6:**

#### **Week exercise goal:**

- Gradual increase in ROM
- PROM
- Shoulder flexion/elevation 0-145
- PROM-scapular plane
- ER 0-50 by Week 6
- Full IR by Week 6
- Pendulum exercise
- Posterior capsule stretch
- Rope/pulley (flex, abd, scaption)
- Wand exercise-all planes within limitations
- Manual stretching & Grade II-III to reach goals
- **STRENGTHENING**
- Continue isometric activities as in Phase I flexion
- Initiate supine rhythmic stabilization at 90 flexion
- Initiate IR/ER with upper extremity close to body with tubing
- Initiated forward flexion with thumb pointing up, scaption, and forward flexion with thumb pointing down
- Initiate sidelying ER & tricep strengthening
- Push-up progression
- Prone abduction with ER
- Shoulder shrugs with resistance
- Supine punches with resistance
- shoulder retraction with resistance
- Initiate Upper Body Ergometer (UBE) for endurance
- Prone rows
- Initiate light bicep curls at week 3
- **MODALITIES**
- Ice 15-20 minutes

#### **Goals of Phase:**

- Control pain & inflammation
- Enhance upper extremity strength
- Gradual increase in ROM

### **Phase 3 Weeks 6-12:**

#### **WEEK EXERCISE GOAL**

- Full ROM
- Continue all ROM activities from Phase II
- Posterior capsule stretching
- Towel stretching
- Rope/pulley activities
- Wand exercises & Grade III-IV joint mobilizations
- **STRENGTH**
- Continue all strengthening from previous phases increasing resistance & repetition

## **Slap Lesion Repair**

- Initiate plyotoss chest pass
- Initiate diagonal (PNF) upper extremity patterns with therabands
- Initiate IR/ER exercises at 90 degrees abduction
- Initiate isokinetic IR/ER at neutral at wk 10-12
- **MODALITIES**
- Ice 15-20 mins.

### **Goals of Phase:**

- Minimize pain & swelling
- Reach full ROM
- Improve upper extremity strength & endurance
- Enhance neuromuscular control
- Normalize arthrokinematics

### **Phase IV Weeks 12-24:**

- Continue with all ROM activities from previous phases
- Posterior capsule stretching
- Towel stretching
- Grade III-IV joint mobilizations as needed for full ROM
- **STRENGTHENING**
- Progress strengthening program with increase in resistance & high speed repetitions
- Progress with eccentric strengthening of posterior cuff & scapular musculature
- Initiate single arm plyotoss
- Progress rhythmic stabilization activities to include standing PNF patterns with tubing
- UBE for strength & endurance
- Initiate military press, bench press, lat pulldown
- Initiate sport specific drills & functional activities
- Initiate interval throwing program by week 16
- Initiate light plyometric program during weeks 12-16
- Progress of abduction at high speeds isokinetics to 90
- **MODALITIES**
- Ice 15-20 mins.

### **Goals of Phase:**

- Full ROM
- Maximize upper extremity strength & endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional training