

SLAP Repair Protocol

Dr. Murphy

| Time Frame | Treatment | Goals |
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| Post-Op Day | <ul style="list-style-type: none"> Dressing change Instruction in signs and symptoms of infection Removal of pain pump Instruction in cryotherapy Instruction in pendulum exercise, fist pumps, elbow ROM and AAROM into flexion using opposite upper extremity | <ul style="list-style-type: none"> Independent in HEP of AAROM shoulder flexion, fist pumps, elbow ROM, pendulum exercise, scapular retraction, shoulder shrugs and cryotherapy |
| Phase I 0-6 weeks | <ul style="list-style-type: none"> Patient is to continue with independent HEP from AAROM shoulder flexion and pendulum exercises. Patient is to wear sling for 4 weeks, at 4 weeks patient may D/C sling at home. <i>Dr. Murphy will order therapy again after his 6-week post-op check.</i> | <ul style="list-style-type: none"> Progression of HEP as tolerated No in-clinic therapy |
| Phase II 6-12 weeks | <ul style="list-style-type: none"> Frequency= 3x/week until ROM and strength are approaching WNL. Discharge sling at 4-6 weeks PROM all directions, progress as tolerated AAROM all directions as tolerated Isometrics can begin at 6 weeks Instruction in AROM at 6 weeks Instruction in PRE's at 8 weeks Begin in-clinic strengthening as tolerated at 10 weeks for shoulder/elbow and scapular stabilizers. Progress as tolerated. | <ul style="list-style-type: none"> ROM WNL at 10-12 weeks in all directions Independent in PRE' s at 10 weeks for progression independently Strength progressed as tolerated in clinic |
| Phase III 12-16 weeks | <ul style="list-style-type: none"> Frequency = 2x/week Continue to progress ROM and strength until WNL/WFL in all directions May begin graduated return to throwing program at 4 months. | <ul style="list-style-type: none"> ROM WNL/WFL- discharge when goal met. Independent in HEP for shoulder strengthening/scapular stabilization |
| Phase IV 4-6 months | <ul style="list-style-type: none"> Frequency = PRN | <ul style="list-style-type: none"> Progress all ROM and strength to WNL if still not present |