

ROBERT C. GRUMET, MD

SLAP REPAIR PROTOCOL

Name _____ Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-4:

- PROM → AAROM → AROM as tolerated; ABD to 90° without rotation (this prevents the superior labrum from peeling back)
- No IR up the back; No ER behind the head
- ROM goals: 140° FF/40° ER at side
- No resisted FF or biceps until 12 weeks post-op as to not stress the biceps root
- Sling for 4 weeks during day, outside the house, in car, and especially at night
- Heat before/ice after PT sessions

_____ Weeks 4-8:

- D/C sling totally if not done previously
- Increase AROM in all directions to full, if possible
- Can begin active ER in 90° ABD; No passive ER in abduction
- Begin isometrics and bands with arm at side – NO resisted FF yet
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- Physical modalities per PT discretion

_____ Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers – EXCEPT FF/biceps motions
- Only do strengthening 3x/week to avoid rotator cuff tendonitis

_____ Months 3-12:

- Begin resisted FF/biceps motions (isometrics → bands → weights) as tolerated
- Begin eccentrically resisted motions, plyometrics, proprioception, body blade, and closed chain exercises at 12 weeks.
- No over-shoulder work until 9-12 months, unless specified.

Comments:

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities

_____ Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis _____ TENS _____ Heat before/after

_____ Ice before/after _____ Trigger points massage _____ Other _____ _____ Therapist's discretion

Signature _____ Date _____

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