



Cascade Orthopaedic Group

Sports Medicine, Joint Replacement, Fracture Care and Hand Surgery

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SLAP Repair

1 - 4 weeks:

Goals:

1. Maintain proximal & distal strength & mobility
2. Pain relief
3. Limit capsular tightness

Exercises:

- No active ROM X 4 weeks
- IR/ER isometrics 30/30/30 &/or manual resistance limited range)
- Pendulum
- AAROM - no ER past neutral
- Early serratus work (punch)/
- Manual scapular stabilization
- Joint mobs-AC, SC, Scap

Contraindications:

- No 90/90 ER/Ab (x 6 weeks)
- No biceps work

4 - 8 weeks:

Goals:

1. Normal arthro-kinematics
2. Posterior shoulder flexibility
3. Improved neuromuscular control/scapular stability
4. Improved ROM-

Exercises:

- Begin AROM at 4 P/0 weeks
- AAROM-care with 90°/90° until 6 weeks
- Posterior shoulder stretches
- Isotonic exercises-abd/scaption, R/ER
- Rhythmic stabilization to end-ROM
- Begin biceps AROM at 4 weeks, PRE's at 6 weeks that use biceps as adjunct, and at 8 weeks isolated

Contraindications:

- No ER stretch beyond 90° at 90° abduction
- No ballistic work
- Caution with biceps

Goals:

- 160 flexion, ER to 65° (scapular plane).
- IR at 90° to 45° (at 0° to full), 150° abduction

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9 -15 weeks:

Goals:

1. Normal ROM
2. Normal rhythm & strength
3. Pain-free overhead activities

Exercises:

- Sleeper stretches
- Prone cuff / Blackburn
- Closed chain
- Advanced isotonic, tubing
- Moderate overhead activity

ROM:

- Within 10°

15 - 24 weeks:

Goals:

- Pain-free full ROM
- Dynamic stability
- Muscular endurance

Exercises:

- Advanced
- Functional
- Pre-throwing