

orthony

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Post-Operative Rehabilitation Guidelines for SLAP/Labral Repair

- 0-4 Weeks: Sling to be worn except for bathing and therapy.
Passive to Active shoulder ROM as tolerated
90° Forward Flexion
40° External Rotation with arm at side.
Grip Strength, Elbow/Wrist/Hand ROM, Codmans
No resisted Elbow flexion to avoid stress on biceps anchor
Modalities PRN
- 4-8 Weeks: Discontinue Sling
Advance to AAROM and AROM (Goals FF to 140°, ER at side to 40°)
IR behind back to waist/ABD to 60°
Begin Isometric exercises
Progress deltoid isometrics
ER/IR (sub-maximal) with arm at side
Begin strengthening scapular stabilizers
- 8-12 Weeks: Advance to full, painless ROM. Gentle stretching at end ROM
Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
Only do strengthening 3times/wk to avoid rotator cuff tendonitis
- 3-12 Months: Only do strengthening 3x/week to avoid rotator cuff tendonitis
Begin UE ergometer
Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
Begin sports related rehab at 3 months, including advanced conditioning
Return to throwing at 4 ½ months
Throw from pitcher's mound at 6 months
MMI is usually at 12 months