

SHOULDER RECONSTRUCTION SLAP LESION

Rehabilitation Protocol

PHASE I: PROTECTION

Goals: protection of healing tissue, decrease of pain and inflammation, begin passive range of motion

POST-OP: DAY 1

- Postoperative dressing and sling
- Begin pendulum exercises in a sling
- Elbow: passive range of motion
- Wrist: active range of motion (wrist pumps)
- Postural correction as indicated

CONTRAINDICATIONS

- No resistive bicep work for 5-6 weeks
- No external rotation > 30°
- No combined abduction/extension rotation

POST-OP: DAYS 2-21

- Shoulder: passive range of motion and rotational exercises with elbow at the side (flexed at 90°)
- Flexion: 0°-120°, abduction: 0° -120°, external rotation with elbow at side: 0°-40°
- Continue wearing the sling

Note: return to clinic post-op days 4-5 for suture removal and re-evaluation

PHASE II: INCREASE RANGE OF MOTION - WEEKS 4-7

Goals: increase range of motion as tolerated with elbow at 90°, continue to protect healing tissue

- Continue previous exercises
- Pulley, wall climbs and wand exercises as tolerated
- Manual active assisted range of motion
- At 6 weeks, discontinue sling and begin active range of motion as tolerated

Note: At the end of 6 weeks, patient should have near normal range of motion

PHASE III: STRENGTHENING - WEEKS 8 -12

Goals: full range of motion, regain and improve muscular strength

- Continue previously prescribed exercises
- Light resistive exercises with emphasis on rotator cuff, scapular stabilizers and biceps

PHASE IV: RETURN TO ACTIVITY - MONTHS 4-6

Goals: continue to increase strength, power and endurance, gradual return to sports and high-level activities

- Continue previously prescribed exercises
- Initiate interval throwing program

ADDENDUM

This protocol provides general rehabilitation guidelines following posterior capsular shift procedures. It is subject to modification depending on the degree of the lesion, any concomitant injuries, the type and extent of the surgical intervention and other factors. For any further questions, please call our office at (561) 465-8884.