

ARTHROSCOPIC SLAP REPAIR (TYPE II AND TYPE IV)

***NO ISOLATED BICEP X 8 WEEKS**

Phase I – Restrictive Motion Phase (Weeks 0 – 6)

Weeks 0 – 2:

- Sling for 4 weeks
- May take off swathe when good arm control/swathe at night x 4 weeks
- Elbow/hand ROM exercises
- Hand gripping exercises
- PROM/AAROM:
 - Flexion to 90⁰
 - ER to 15° in scapular plane
 - IR to 30° in scapular plane
 - Rope and pulley exercises
 - Pendulum
- Strengthening:
 - Isometrics for shoulder/scapular muscles except bicep
- Pain control modalities

Weeks 3 – 4:

- AAROM:
 - Flexion to 90⁰
 - ER to 30° in scapular plane
 - IR to 45° in scapular plane
 - Continue pulley and pendulum
- Strengthening:
 - Initiate tubing IR/ER with arm at side
 - Initiate rhythmic stabilization exercises
- Continue pain/inflammation control modalities

Weeks 5 – 6:

- AAROM:
 - Flexion to 145⁰
 - ER to 45 - 60° in scapular plane
 - ER to at abduction
 - IR to tolerance
- Strengthening:

- Initiate isotonic strengthening below 90° (Inc. 1 #/wk if good form)
- Advance scapular strengthening avoiding excessive extension ROM
- Initiate UBE

Phase II – Intermediate Phase (Weeks 7 – 12)

Goals:

- Restoration of full, pain-free ROM
- Protect surgical repair
- Restore muscular strength/endurance

Weeks 7 – 9:

- AAROM (progress to full ROM):
 - Flexion to 180°
 - ER to 90° at 90° abduction
 - IR to 70 - 75° at 90° abduction
- Strengthening:
 - Progress dumbbell strengthening exercises
 - Emphasize scapular strengthening
- Initiate capsular stretches

Weeks 10 – 12:

- Continue ROM, flexibility and self-capsular stretches
- Strengthening:
 - Continue dumbbell and scapular strengthening
 - Initiate isokinetic strengthening in neutral (high speed/high reps)
 - Initiate close chain strengthening (push-up plus progression)
- Initiate 2 handed plyometrics

Phase III – Return to Activity Phase (Weeks 13 – 24)

Goals:

- Maintain full ROM
- Improve muscular power
- Increase neuromuscular control
- Gradual return to sport specific activities

Weeks 13 – 16:

- Continue all flexibility exercises:
 - ER/IR stretch
 - Flexion stretch
 - Self-capsular stretches
- Strengthening:

- Continue shoulder/scapular isotonic and closed chain program
- Isokinetics (progress to 90/90 for throwers)
- Begin general strengthening (bench, lats, etc) with shoulder precautions
- Progress plyometrics (2 handed → 1 handed)
- Initiate interval sport program (light sports – no overhead activities)

Weeks 17 – 24:

- Continue flexibility/ROM/stretching program
- Continue strengthening program
- Continue plyometric program
- Begin overhand interval sport programs (throwing)

Phase IV – Return to Competition Phase (Months 6 - 9)

Goals:

- Maintain strength, mobility and stability
- Progress to full activity and competition

Criteria for return to play:

- Physician approval
- Satisfactory ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program