



SLAP Repair Rehab Guidelines

Procedure:

- The anchor of the biceps tendon into the glenoid rim is reattached and secured with sutures. This must heal back into the bone before significant stress can be placed on the biceps tendon.
- Motions which stretch the biceps tendon through the bicipital groove will pull on the repair and may cause it to fail prior to healing. These include internal rotation up the back, excessive external rotation in neutral and abduction, and shoulder extension. These motions should be progressed slowly to balance healing with recovery of motion.

Precautions:

- Arm in sling with abductor pillow for 6 weeks, no use of affected arm for six weeks.
- No active biceps or elbow flexion for 6 weeks.
 - 1 lb. lifting restriction for biceps with forearm pronated from 6 – 12 weeks.
 - 10 lb. lifting restriction for biceps from 3 – 4 months.
 - 20 lb. lifting restriction for biceps from 4 – 5 months.
 - 30 lb. lifting restriction for biceps from 5 – 6 months.
 - > 6 months lifting can be performed as tolerated.
- *No Throwing and No Contact Sports or Activities for 6 months.*

Phase 1: weeks 1 – 5

- Instruct in application of ice and encourage use for 15-20 min. every 3-4 hours during the day.
- Instruct in pendulum exercises to be completed at home 4-5 x/day.
- Start PROM (>30 years old)
 - Limit flexion to 120° until week 4 and then progress 15° / week.
 - Limit ER at neutral and 45° abd. to 20° until week 4 and then progress 15° / week.
 - IR in scapular plane as tolerated.
 - No extension.
 - No cross body adduction.
 - Full elbow PROM.
- Cervical, wrist and hand AROM.
- Postural education and scapular retraction and depression.
- If patient over the age of 30, may begin gentle AAROM immediately but within ROM precautions.
- If patient under the age of 30, no AAROM until week 5. May perform pendulums and scapular motion until that time.

Phase 2: weeks 6 – 12

- D/C use of sling.
- Progressively increase PROM and AAROM.
 - Flexion and scaption may be increased by 15° per week.
 - Pulleys, cane, and wall walking may be used with forearm in pronation.
 - Progress to full IR in scapular plane.
 - May begin IR up back with towel stretch at week 8.
 - May begin extension at week 8.
 - ER may be increased by 15° per week.
 - At week 8 may begin stretching into ER at 60° abd. and progress to 90° as tolerated.
- Begin isometric exercises with forearm in pronation, *except biceps*.
- Once full AAROM is achieved may begin AROM.
- Progress to strengthening of all muscle groups *except biceps*. Focus on scapular stabilization, posture, and normal gleno-humeral to scapulo-thoracic rhythm.
- 1 lb. lifting restriction for biceps with forearm pronated.

Phase 3: weeks 13 and >

- Full AROM should be attained.
- May begin strengthening of biceps and related movements.
- Continue to progress home strengthening program while maintaining lifting restrictions until 6 months.
- May start throwing program and return to contact sports after 6 months.