

# Arthroscopic Labral Repair (SLAP)

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## Post-Operative Instructions and Precautions

1. Able to use arm for activities at waist level (upper arm should remain against the body)
2. No leaning on the elbows
3. No sleeping on the involved side; rest involved side on a pillow for comfort
4. No sudden movements
5. No lifting or carrying with involved arm
6. No pushing or pulling with involved arm
7. Wear your sling as directed for 4-6 weeks following the surgery

## Phase I-- Weeks 0-6

1. Patient education regarding precautions, sling wear, icing, wound care, etc.
2. Promote capsuloligamentous-labral healing
3. Control pain and inflammation
4. Early range of motion activities:
  - Pendulums
  - Stretching into forward elevation an ER to 30 degrees in scapular plane
  - Pulleys forward elevation and into the scapular plane
  - T-bar, table/counter slides, elbow range of motion out of the sling \*no ER with abduction\*
  - Isometrics (no biceps with type II and IV)
  - Motion Restrictions: Flexion 0-90, Scaption 0-90, ER at neutral 0-30, No active motion, IR to 60

## Phase II-- Weeks 6-8

1. Re-establish/improve muscular strength and neuromuscular control
2. Normalization of joint mechanics
3. Progress out of sling

#### 4. Exercises:

- Progressive resistive exercise (PREs)- with limited ROM (not breaking the plane of the body)
- Rhythmic stabilization in supine actively and manually resisted within restricted range
- IR/ER tubing at 0 degrees abduction
- May begin light resistance for biceps
- PNF pattern strengthening manually resisted

### Phase III-- Weeks 8-12

1. Full active range of motion with good arthrokinematics by end of the phase
2. Restore muscle imbalance and strength
3. Exercises:
  - Continue and advance PREs
  - Free weight training (abduction, ER at 45 degrees/ scapular plane, forward elevation)
  - Body blade in various positions
  - Plyoball progression (begin with chest press → 90:90 by end of the phase)

### Phase IV-- Weeks 12-16

1. Initiate return to sport or occupational activities
  - Progress throwing with plyoball
  - Body blade in overhead positions
  - Work specific or sport specific activities