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**Arthroscopic Labral Repair/SLAP
Bankart Repair**

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after shoulder arthroscopic labral repair. This protocol is based on a review of the best available scientific studies regarding shoulder rehabilitation. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications. If the therapist or athletic trainer requires assistance in the progression of a post-operative patient they should consult with Dr. Spang. Finally, I greatly appreciate the responsibility of performing your surgery. My staff and I will do everything we can to ensure your comfort and safety during the surgery, and to make sure that you have a quick recovery.

Robert Spang M.D.

Please Note:

Time Limitations of each phase varies based on the degree of shoulder instability, laxity, size of the tear, quality of the tissue, length of time immobilized, strength, ROM, and the expected performance or activity demands.

Specific Precautions:

Sling: 4-6 Weeks

ROM limitations:

Flexion – 90° x 1week

ER – Active Only limited to 0°x 4 weeks

IR – None x 3 weeks, beltline x 4-6 weeks

Other Limitations: No resisted Biceps x 4 weeks for SLAP repair

Avoid “throwing position” for 3 months

Phase I – Protection / Range of Motion (Weeks 1-3)

Goals:

- Allow healing of soft tissue
- Gradually increase PROM, AAROM and AROM as tolerated
- Diminish pain and inflammation
- Prevent muscular inhibition
- Independent with activities of daily living (dressing, bathing, etc.) with modifications while maintaining the integrity of the replaced joint.

Precautions:

- Sling for 6 weeks
- ROM restrictions for Flex, ER, IR
- No IR behind back until week 4
- No use of biceps for 4 weeks with SLAP repair
- No lifting of objects > 5 lbs until instructed otherwise
- No supporting of body weight by hand
- Keep incision clean and dry (no soaking for 2 weeks)

Weeks 1-2 Exercises:

1. Pendulums
2. Active Elbow, wrist and hand ROM (no resistance)
3. Salute Position (90° of active scaption)
4. Shoulder Shrugs
5. Scapular Retraction (no resistance)

Week 3 Exercises:

1. Continue above exercises
2. Passive/Active Assisted/Active ROM
 - Flexion
 - Abduction
 - Extension
 - Horizontal Abduction
3. Active (Only) External Rotation
4. Gentle Isometrics all directions (submax/painfree)

Criteria for progression to the next phase:

- Minimal pain with all phase I exercises
- ROM greater or equal to 75% of the uninvolved side for Flexion, ER
- Proper muscle firing patterns for initial exercises

Phase II – Initial Strengthening (Weeks 4-6):

Goals:

- Continue PROM/AROM progression
- Begin IR within limitations
- Begin strengthening progression
- Begin proprioception exercises as tolerated

Precautions:

- No IR above beltline
- No heavy lifting of objects > 10 lbs until instructed otherwise
- No terminal stretching
- No supporting of body weight by hands and arms

- No ballistic or forced stretching/strengthening

Weeks 4-6 Exercises:

1. Progress Resistive Exercises (resistive tubing, light free weights)
 - External Rotation
 - Internal Rotation
 - Flexion
 - Scaption
 - Rows
 - Forward Press
 - Horizontal Adduction/Abduction
2. Progress Distal Extremity Exercises with light resistance as appropriate
3. Terminal Stretching for Full ROM
4. Gentle Joint Mobilizations as indicated
5. UBE when cleared by MD
6. Initial Proprioception Exercises

Criteria for progression to next phase:

- Able to perform all strengthening exercises without breaking form
- Able to demonstrate proper muscle firing patterns of scapular stabilizers
- 90° of Full Flexion and ER (PROM/AROM)
- Able to demonstrate initial proprioception exercises appropriate scapular control

Phase III – Advanced Strengthening (Weeks 6-12):

Goals:

- Gradual restoration of shoulder strength, power, and endurance
- Begin closed chain stability
- Optimize neuromuscular control and proprioception
- Gradual return to functional activities with involved upper extremity
- Gradual return to overhead throwing progression

Precautions:

- No heavy lifting of objects > 15 lbs until instructed otherwise
- No ballistic stretching/strengthening
- No Contact activities

Weeks 6-12 Exercises:

1. Initiate Terminal Stretching for full ROM
2. Progress Resistive Exercises (include ER/IR at varying elevations)
3. Progress Proprioception Activities, including closed chain stability
4. Push-up Progression
5. Initial Skills, low intensity, focus on form
6. Begin early plyometrics

Criteria for progression to the next phase (IV):

- Able to perform all strengthening exercises without breaking form
- Able to demonstrate proper muscle firing patterns of scapular stabilizers
- 90% strength with comparison to uninvolved extremity
- Able to demonstrate proper form with closed chain stability exercises
- Able to demonstrate proper eccentric control with early throwing program

Phase IV – Return to Sports (3 months +):

Goals:

- Maintain full non-painful active ROM
- Initiate Weight Training Program
- Improve muscular strength, power, and endurance
- Progress sport specific skills
- Achieve full throwing progression
- Full return to all activities without pain

Criteria for full return to sports:

- Patient able to maintain full non-painful active ROM
- Patient demonstrates maximal functional use of UE
- Patient demonstrates maximum muscular strength, power, and endurance
- Patient demonstrates 90% strength of uninvolved side

Return to Sport Exercises

1. Progress Resistive Exercises
2. Weight Training
 - Hands in sight
 - Keep elbows bent
 - Minimize overhead activities
 - No military press, pulldowns behind head or wide grip bench press
3. Advanced Plyometrics
4. Sport Specific Skills, throwing etc.
5. Emphasis on Eccentric Strengthening

Return to Activities:

- Weight Training: 12 weeks

- Skiing: 12 weeks
- Golf: 8 weeks chip and putt, 12 weeks full swing
- Tennis: 12 weeks
- Contact Sports: 4 months