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ARTHROSCOPIC SLAP LESION REPAIR (TYPE II) WITH THERMAL CAPSULAR SHRINKAGE

Goals:

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Promote dynamic stability
- Diminish pain and inflammation

Week 0 - 2:

- Sling for 2 weeks
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercises
 - Flexion to 60° (Week 2: flexion to 75°)
 - Elevation in scapular plane to 60°
 - ER/IR with arm in scapular plane
 - ER to 10-15°
 - IR to 45°

**NO active ER, extension or abduction

- Submaximal isometrics for shoulder musculature
- NO isolated biceps contractions
- Cryotherapy, modalities as indicated

Weeks 3-4

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
- Flexion to 90° > Abduction to 75-85°
- ER in scapular plane and 35°
- Abduction to 25-30° IR in scapular plane and 35° abduction to 55-60°

NOTE: Rate of progression based on evaluation of patient

- No active ER, extension or elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training Tubing ER/IR at 0° abduction
- Continue isometrics
- Continue use of cryotherapy

Week 5 - 6:

- Gradually improve ROM
 - Flexion to 145°
 - ER at 45° abduction: 45-50°
 - ER at 45° abduction: 55-60°
- At 6 weeks, begin light and gradual ER at 90° abduction - progress to 30-40° ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90° abduction
- Continue tubing ER/IR (arm. at side)
- PNF manual resistance
- Initiate active shoulder abduction (without resistance)
- Initiate "Full Can" exercise (weight of arm)
- Initiate prone rowing, prone horizontal abduction
- NO biceps strengthening

PHASE 11- INTERMEDIATE PHASE: MODERATE PROTECTION PHASE (Weeks 7 -14)**Goals:**

Gradually restore full ROM (Week 10)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Week 7 - 9:

- Gradually progress ROM:
 - Flexion to 180°
 - ER at 90° abduction: 90-95°
 - IR at 90° abduction: 70-75°
- Continue to progress isotonic strengthening program
- Continue PNF strengthening
- Initiate Throwers Ten Program

Week 10 -12:

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
 - ER at 90° abduction: 110-115° in throwers (Weeks 10 -12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- Progress ROM to functional demands (i.e., overhead athlete)
- Continue all strengthening exercises

PHASE III - MINIMAL PROTECTION. PHASE (Weeks 14 - 20)**Goals:**

Establish and maintain full ROM .
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to enter Phase III:

1. Full non-painful ROM
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. No pain or tenderness

Week 14 -16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (especially ER)
- Continue strengthening exercises:
 - Throwers Ten Program or Fundamental Exercises
 - PNF manual resistance
 - Endurance training

Week. 16 – 20

- Continue all exercises listed above
- Continue all stretching
- Continue Throwers Ten Program.
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc.)

**See Interval Throwing Program

PHASE IV - ADVANCED STRENGTHENING PHASE (Weeks 20 - 26)**Goals:**

Enhanced muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter Phase IV:

1. Full non-painful ROM
2. Satisfactory static stability
3. Muscular strength.75-80% of contralateral side
4. No pain or tenderness

Week 20 - 26:

- Continue flexibility exercises,
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs

PHASE V - RETURN TO ACTIVITY PHASE (Months 6 - 9)**Goals:**

Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to enter Phase V:

1. Full functional ROM
2. Muscular performance isokinetic (fulfills criteria)
3. Satisfactory shoulder stability
4. No pain or tenderness

Exercises:

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program