

# Daniel J. Prohaska, M.D.

Advanced Orthopaedic Associates

2778 N. Webb Rd.  
Wichita, KS 67226

316-631-1600  
Fax: (316) 631-1666  
1 (800) 362-0591



## Guidelines for Postoperative Rehabilitation and Care after Repair of SLAP Lesion

**Type I:** Superior labral fraying

**Surgical technique:** Arthroscopic labral debridement

**Protection:** Biceps (7-10) days

**ROM:** As tolerated, no restrictions

**Return to sport:** Dependent on strength and biomechanics of shoulder, usually 2-4 weeks

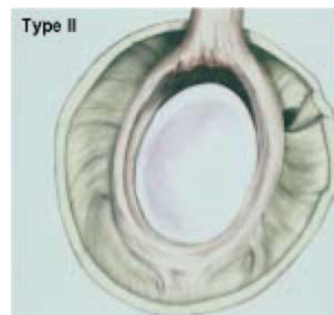


**Type II:** Superior labrum and biceps tendon stripped off of the glenoid

**Surgical technique:** Arthroscopic reattachment of the labrum

**Protection:** Sling protection for 4 weeks. Avoid biceps resistance exercises for 10-12 weeks.

**ROM:** ER allowed initially at 0 degrees abduction only. No external rotation beyond 30 degrees for four weeks. Advance ER at 0 degrees abduction to full after week four. After 4 weeks slowly begin combined ER and abduction with full ROM by 6 weeks.



**Rehabilitation timetable guideline:** Sling for 4 weeks; gentle elbow, wrist and hand exercises started the day after surgery and continued throughout rehab period; after 7-10 days formal therapy started focusing on gentle passive range of motion within pain-free range avoiding external rotation beyond 30 degrees and extension of arm behind body for 4 weeks; at 4 weeks, shoulder exercise program started with protected biceps strengthening; at 10-12 weeks, biceps resistance exercises and sports-specific or work-specific exercise program instituted with goal of normal function in 4 months. Return to sport: 4 months.

\*\*\* see page 2 for protocol for throwing athletes with Type II lesions



**Type III :** Bucket-handle tear of the labrum

**Surgical technique:** Arthroscopic excision of the torn labrum

**ROM:** Similar to Type I but 1-2 weeks slower

**Protection:** Same as above

**Return to sport:** Same as above

**Type IV:** Bucket-handle labral tear extending into the biceps tendon

**Surgical technique:** Excision of the labral tear and biceps tenodesis or repair as in Type II.

**ROM:** Dependent on technique. If repaired see Type II; if excised sling for 3 weeks, full ROM in 3-6 weeks

**Protection:** Avoid biceps resistance exercises for 6 weeks if tenodesis performed or 10 weeks if repaired.

**Return to sport:** If excision and tenodesis performed, 8-10 weeks with return to throwing sports in 3-4 months; if repaired, see Type II protocol.

