

# SLAP REPAIR REHABILITATION PROTOCOL

## PHASE 1 (0 - 4 WEEKS)

### Goals

- ✓ Use of Ice pack for pain management
- ✓ Passive Forward Elevation of less than 90° in scapular plane
- ✓ Passive External Rotation from 0-15° in scapular plane in 0-2 weeks and from 15-45° in 2-4 weeks
- ✓ Passive Internal Rotation from 0-30° in scapular plane in 0-2 weeks and from 30-45° in 2-4 weeks
- ✓ Use of Abduction pillow in 30-45° abduction 24x7
- ✓ Initiation of pendulum exercises and shoulder shrugs
- ✓ Initiation of Ball Squeeze
- ✓ No Active movement to be done
- ✓ Avoid Abduction + External Rotation in combination for 6 weeks
- ✓ Avoid Hyperextension of shoulder

## PHASE 2 (4 - 8 WEEKS)

### Goals

- ✓ Gently increase the passive ROM of Forward flexion from 90° to less than 135° in scapular plane
- ✓ Gently increase the passive ROM of External Rotation from 45-60° in 45° of abduction in sagittal plane from 4-6 weeks
- ✓ Gently increase the passive ROM of External Rotation from 60-90° in 90° of abduction in sagittal plane from 6 weeks onwards
- ✓ Gently increase the passive ROM of Internal Rotation from 45-60° in 45° of abduction in sagittal plane from 4th week onward
- ✓ Gradually initiate active assisted Forward Flexion of less than 115° in supine lying or standing
- ✓ Initiate AAROM exercises - Horizontal Adduction, Hand Behind Head External Rotation, Side-lying Internal Rotation
- ✓ Sling to be worn out gradually and should be completely discarded after end of 6 weeks

## PHASE 3 (8 - 12 WEEKS)

### Goals

- ✓ Gently increase the passive ROM of Forward flexion to around 155° in scapular plane
- ✓ AAROM exercises - Wall slides, Side-lying Internal Rotation, Hands behind Head External Rotation
- ✓ Initiate External and Internal Rotation with Thera-band in sitting or standing with 0° Arm abduction then gradually progress to 45° of Abduction
- ✓ Initiate Prone Extension and Prone Horizontal Abduction with Thera-band

## PHASE 4 (12 - 16 WEEKS)

### Goals

- ✓ Progress External and Internal Rotation with Thera-band in sitting or standing from 45° of Abduction, then to 60° and finally 90° of Arm abduction at end of 16 weeks
- ✓ Progress to Diagonal Patterns Internal and External Rotation at 90° of Arm abduction at around 14-15 weeks
- ✓ Encourage Biceps and Triceps strengthening
- ✓ Initiate Shoulder Elevation in Scapular plane with help of Thera-band
- ✓ Begin closed chain Proprioceptive exercises

## PHASE 5 (4 - 6 MONTHS)

### Goals

- ✓ Thrower Tens Program
- ✓ Return to sports
- ✓ Enhance functional activities of Both upper extremities

## SLAP LESION

