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SLAP REPAIR

General Guidelines

- Sling for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- Return to sports 4 to 6 months, no contact sports (football/wrestling/rugby) for 6 months

Post-op Days 1 – 14

Goals: Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

Ice pack

Sling x 6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort

Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Shoulder shrugs / scapular retraction without resistance

Active assist motion (AAROM) supine with wand

– Flexion to 90 degrees

– Abduction to 60 degrees

– ER to 15 degrees

– IR to 45 degrees

1-2 Finger Isometrics x 6 (fist in box)

Ice pack

Weeks 2 – 4

Goals: AAROM to 120 degrees

Therapy:

Continue sling x 6 weeks

Continue appropriate previous exercises

AAROM supine with wand

– Flexion to 120 degrees

– Abduction to 90 degrees

– ER to 30 degrees – IR to 60 degrees

Weeks 6 – 9

Goals: Full AROM, 30 wall push-ups

Therapy:

D/C sling

Continue appropriate previous exercises

AAROM, AROM through full range

– Begin pulleys prn

– Wand behind back for IR

Rotator cuff strengthening with Theraband

– ER and IR arm at side with rolled towel in axilla

– Flexion to 60 degrees

– Abduction to 60 degrees

– Scaption to 60 degrees

– Extension to 30 degrees

Standing rows with Theraband

Resistive elbow / wrist exercises with light dumbbell

Push-up progression – Wall

Body Blade

Ball on wall (arcs, alphabet)

BAPS on hands

UBE – Forwards and backwards at low resistance

Elliptical trainer

Stairmaster

Pool walking / running – No UE resistive exercises

Weeks 9 – 12

Goals: Regain full cuff strength

Therapy:

Continue appropriate previous exercises with increased resistance as tolerated

PROM / mobilization as needed to regain full ROM

Push-up progression – Table to chair (no elbow flexion > 90 degrees)

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool walking / running – With UE resistance (no swimming)

Months 3 - 4

Goals: 30 regular pushups, Run 2 miles at own pace

Therapy:

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Push-ups, regular – No elbow flexion > 90 degrees
- Weight training with light resistance
 - No overhead press or pull downs behind head
 - No dips
- Pool therapy

Months 4 - 6

Goals: Resume all activities

Therapy:

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

