S. L. A. P. Rehabilitation

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PHASE I

Time frame: 0-3 weeks post-op

Type of motion allowed: Passive Range of Motion (PROM)

- Glenohumeral ER: work toward 75% of contralateral ER. Focus on glenohumeral motion, not just gross shoulder motion.
- Glenohumeral ABD 0˚ - 90˚.
- Shoulder Elevation (scaption) 0˚-140˚. No saggital plane flexion stretch.
- No IR stretch (arm to stomach when elbow at side only).
- Pendulums/Codman's.
- Sling for sleep and most activity, OK to remove for sedentary periods.
- OK to use hand cautiously for functional tasks such as typing.
- Postural work, upper trapezius relaxation, active scapular retraction and depression.
- Encourage a walking program, stationary bike, etc. for cardio. Rest only on bars—no pulling or out of saddle.
- Wrist/hand ROM. Passive elbow ROM.

PHASE II

Time frame: 3-6 weeks post-op

Type of motion allowed: Active Assisted Range of Motion (AAROM), Active Range of Motion (AROM)

- Glenohumeral ER: work toward full ER (OK to position between 0˚ - 60˚ ABD).
- Gross shoulder Elevation (Scaption) 0˚-full.
- Begin active assisted elevation supine. When at least 150˚, progress to upright. active assisted elevation and supine active elevation. When supine active elevation is at least 150˚, progress to upright active elevation.
- No sling needed. May use it for safety.
- Aquatic therapy AAROM-AROM
- Isometrics when patient has active elevation of at least 150˚.

Goals at 6 Weeks: Full ER and scaption, functional use of arm at side, minimal pain, good posture.

Phase III

Time frame: 6+ weeks post-op

Type of motion allowed: Resistance

- OK to begin pure flexion and ABD stretches, IR stretch in full ABD, and ER stretch in full ABD.
- Isometrics.
- Begin gentle isotonic exercises week 8 (all muscle groups except biceps).
- Light closed chain exercises such as wall pushups week 8.
- OK to run.
- Progressive resistance individualized to patient progress.

PHASE IV

Time frame: 3+ months post-op

Type of motion allowed: Return to lower demand sports. Develop progressive, sport-specific goals prior to full participation

- Golf (trailing arm may be ready to return before lead arm), fly fishing.
- Begin focused biceps resistance training, initially with light weight and high repetition.

PHASE V

Time frame: 5+ months post-op

Type of motion allowed: Return to sport

- Throwing, racquet sports, boating, skiing.
- Return to weightlifting.