

SLAP LESION REPAIR

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General Considerations:

Glenoid Labrum debridement patients are progressed symptomatically.

Follow soft tissue healing model of 3 weeks for repair to stick down and 6 weeks before full stress. Avoid anterior stress of capsule

Time Frame	Treatment	Goals
Motion and protection 0-3 weeks	Active/active assist ROM without stretching suture line/anterior capsule. Exercise in the plane of scapula (POS) or forward to protect anterior capsule. Sling for comfort Hand, wrist, elbow, pendulum, UBE, CV fitness Passive forward elevation (POS) ER to 45° and POS Isometrics all shoulder directions begin active core exercises within ROM limits	ROM to prescribed limits. 3/5 MMT deltoid and rotator cuff
Motion and control 3-6 weeks	Active/active assist ROM in POS. Maintain sling per her daily activities. Stay in plane of scapula for strengthening. Progress above ER to 60° Add light PRE as tolerated Stabilization program OKC/CKC	Comfortable progress toward full AROM. 3/5 MMT deltoid and rotator cuff
Motion, strength, endurance 6-12 weeks	Gradual progress to full ROM. D/C plane of scapula protection. Increased resistance and challenges Progress to weight machines Advance Plyoball and proprioceptive activities Isokinetic's as tolerated	Adequate AROM for desired activities. 5/5 MMT shoulder girdle
Strength and function 12-24 weeks	Progress to desired functional activities Progress into sport specific activities	Maintain strength and stability with sport specific activities

Return to activity/ sport 3-6 months	Activity/sport specific Progressive sport reentry program	Return to full activity
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