

Post Op SLAP Lesion

Phase I: (0-6 weeks)

Goals:

Protect surgery
Decrease pain
Decrease inflammation
Patient education
HEP

Plan:

Ultra Sling: 0-6 weeks (usually 3 weeks – check with physician)
Pendulum/cane – begin at 3 weeks
Pulley – begin at 3 weeks
Cervical spine stretches
Scapular mobilization and strengthening – as soon as possible
PROM – begin at 3-4 weeks
***To protect labrum: avoid abduction/external rotation at extreme end-range
Aquatic physical therapy
Isometrics
Modalities
Avoid heavy biceps work

Phase II: (4-6 weeks)

Goals:

Control pain
Control inflammation
Improve functional ROM
Increase strength
HEP
Plan:
Modalities
Continued scapular and glenohumeral mobilization
Advance scapular and rotator cuff strengthening with light Theraband and PRE's UBE
Advance pool exercises

Frequency: 1x/wk 2x/wk 3x/wk. 4x/wk. 5x/wk.

Duration: 1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks