

Jay F. Deimel, MD

**ORTHOPAEDIC SURGERY
SPORTS MEDICINE**

SHOULDER ARTHROSCOPIC S.L.A.P REPAIR POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Sling (except during PT and washing):

Sling x 2 weeks at all times, then for 2 weeks during activities (i.e. outside home)

Motion:

Week 0-2: Pendulum exercises, elbow/wrist/hand ROM

Week 2-4: Supine PROM: forward flexion to goal 180 as comfort allows
ER to 30 deg, IR as tolerated, continue pendulums

Week 4-6: AAROM: forward flexion to 180. PROM: gentle ER to 50 deg. Scapulohumeral rhythm.

After wk 6: Full A/PROM as tolerated, posterior capsule stretching begins.

Strengthening:

Week 0-2: Grip squeezes, postural correction

Week 2-4: Gentle isometrics in all planes with shoulder neutral ER/IR
Start stationary bike, core strengthening without UE involvement

Week 4-6: Side-lying ER, push-up progressions, scapula stabilizers. Start aquatherapy

Week 6-12: Push-ups, cuff/scapula strengthening as tolerated. Bicep curls
Start jogging/running/elliptical. Continue core strengthening. Begin sport specific drills at 8 weeks.

After wk 12: Bench press, Lat pull-downs (narrow grip, hands in front), plyometrics.

****Return to full activities and contact sports as directed by MD and therapist.**

Average 3-4 months for non-throwers, 5-6 months for baseball pitchers.

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**