

Rehabilitation Guidelines following SLAP Procedure and/or Bankart Repair

Phase	Intervention	Goals and Criteria for Progression
<p>Weeks 0-6 weeks Post-Op</p> <p>HEP 3x/day</p>	<p>Post-Op Day 1:</p> <ul style="list-style-type: none"> • Educate on precautions • Ice at home <p>Post-Op Days 7-10:</p> <ul style="list-style-type: none"> • Reinforce precautions • Instruct in pendulum exercises • Passive elevation in scapular plane • Forward bow exercise • Passive ER at 45° abduction in plane of scapula to 30-45° • Forward Bow <p>Modalities PRN</p> <p><i>***Restrictions: ER not to go past 45° for first 6 weeks for SLAP</i></p> <p><i>If Bankart only: ER to 30° for first 4 weeks, gradually progress after as pain permits</i></p>	<p>Protect incision/promote healing</p> <p>Monitor for infection</p> <p>Patient education</p> <p>Initiate ROM exercises</p>
<p>Weeks 6-8 Post-Op</p>	<p>Continue w/ previous phase exercises</p> <p>Begin IR, cross body adduction, extension</p> <p>Begin ROM progression in supine and progress to anti-gravity</p> <p>Side lying abduction</p> <p>Begin strengthening at 6 weeks:</p> <ul style="list-style-type: none"> • Prone Rows • Standing rows • IR/ER • Prone Extension • Prone Horiz Abduction • SLER <p>Closed chain stabilization exercises</p>	<p>Continue to decrease pain and inflammation</p> <p>Normal mechanics</p> <p>Improve ROM and strength in the scapular plane</p>

Weeks 8-12 Post-Op	<p>Continue to progress all exercises from previous phases</p> <p>Closed chain stabilization exercises at 90° elevation</p> <p>Continue rhythmic stabilization drills with more advanced activities including labile surfaces</p> <p>Plyoball activities begin around week 12</p> <ul style="list-style-type: none"> • Begin two-handed chest pass • Progress to single arm activities 2 weeks later 	<p>Achieve full AROM in the scapular plane</p> <p>Improve strength</p> <p>Improve endurance</p> <p>Begin progressing to PROM</p> <p>Begin strengthening in functional (90/90) positions once ROM achieved</p> <p>Optimize neuromuscular control</p> <ul style="list-style-type: none"> • No humeral head elevation with flexion
Weeks 12 - 6 months Post-Op	<p>Progress exercises from previous phases</p> <p>When appropriate:</p> <ul style="list-style-type: none"> • Push-ups/DB bench pressing • Shoulder Press • UE Plyometric activities <p>Bilateral shoulder flexion on the wall</p> <p>Wall Angels</p> <p><i>***Can begin ER at 90° abduction in supine, caution stretching into pain</i></p> <p><i>Gradually begin working towards full ER in 90° abduction from weeks 12-20</i></p>	<p>Achieve full AROM in all planes</p> <p>Strength testing strong and painless, should not be able to “break” patient during test</p> <p>HHD testing when appropriate</p> <p>Return to work/sport or desired activities</p> <p>Complete Interval Sport Program</p> <p>Emphasize prevention and long-term HEP</p>