



MARC ROGERS, D.O.
1805 SE 16th Ave., Suite 1002 Ocala, FL 34471 • 352-620-1900

ARTHROSCOPIC SLAP REPAIRS

Phase 1:

Goals...

- Decrease Pain and Inflammation
- Protect the surgical repair
- Gradually regain range of motion (ROM)

Week 1-3

- Wrist and Elbow Exercises:
 - PROM, AAROM, AROM
 - Grip strength exercises
 - Low weight wrist flexion and extension exercises
- Shoulder ROM Exercises (PROM, AAROM, AROM)
 - Pendulum exercises.
 - No restrictions for extension, adduction and internal rotation.
 - Forward Flexion through pain-free arc of motion
 - External Rotation through any plane to 20 degrees.
 - NO ISOLATED Biceps Muscle Contractions
- Rotator Cuff and Scapular Stabilizer Strengthening.
 - Institute sub-maximal isometrics.

Phase 2:

Goals...

- Regain full ROM.
- Begin regaining strength of small supporting musculature.

Weeks 4-6

- Shoulder ROM Exercises
 - Regain any deficits in extension, adduction and internal rotation.
 - Progress to full forward flexion and external rotation in all planes.
- Rotator Cuff and Scapular Stabilizer Strengthening.
 - Progress to light resistance exercises.
- Biceps Strengthening:
 - Institute light isotonic Exercises.

Phase 3:

Goals...

- Optimization of rotator cuff and scapular stabilizers.
- Functional shoulder training.

Weeks 7-10:

- Aggressively regain loss of ROM.
- Pursue maximal external rotation in abduction in the throwing athlete and normalize total amount of rotational arc compared with non-throwing shoulder.
- Intensify rotator cuff and scapular stabilizer strengthening.
- Neuromuscular, proprioception and dynamic stabilization techniques
- Begin functional training.

Weeks 8-12

- Intensify functional training
- Institute basic functional overhead exercises for the overhead athlete.
- Continue shoulder girdle strengthening.
- Progress biceps strengthening
- Institute basic general upper extremity strengthening program.

Phase 4:

Goals...

- Regain large shoulder muscle strength and endurance.
- Prepare non-throwing athletes for return to sports.
- Prepare throwing athlete for interval throwing program.
- Prepare other overhead athletes for Sports Specific Interval Program.

Weeks 13-16:

- Institute formal weight training program for shoulder and upper extremity power and endurance without restrictions.
- Institute core stabilization program.
- Intensify functional activities for the overhead athletes.
- Emphasize functional endurance training for all activities

Phase 5:

Goals...

- Allow non-overhead contact and collision sport athletes to return to competition.
- Prepare overhead athletes for return to sports.

Weeks 17+:

- Institute Interval Sports Specific Program for overhead athletes.
- Progress the functional activities for the throwing athlete
- Allow throwers and other overhead athletes to return to competition when they have successfully completed their interval sports specific program.