

## REHABILITATION GUIDELINES

### REHABILITATION GUIDELINES AFTER ARTHROSCOPIC SLAP SHOULDER STABILIZATION

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*The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after an anterior and posterior labral repair. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The physical therapist should consult the referring physician with any questions or concerns.*

#### INDIVIDUAL CONSIDERATIONS:

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#### **PHASE I (0-6 weeks)**

##### ***Goals***

- Control inflammation and pain
- Use cryocuff 3-4 times per day

##### ***Sling***

- Wear sling continuously including sleep (may remove for dressing and showering) for 6 weeks

##### ***Therapeutic Exercises***

- PROM/AROM of elbow and wrist only
- Ball squeezes
- PROM in scapular plane to 45 degrees only

## **PHASE II (6-8 weeks)**

### **Goals**

- Full, painless PROM in forward flexion and external rotation

### ***Sling***

- The ER brace may be removed at 6 weeks
- Simple sling for comfort only

### ***Therapeutic Exercises***

- PROM
  - Full passive forward flexion in the scapular plane
  - ER at side to 30 degrees maximum
  - Internal rotation to posterior belt line

## **PHASE III (8-12 weeks)**

### ***Criteria***

- Full passive external rotation and forward flexion in scapular plane

### ***Goals***

- Achieve full, painless PROM and AROM
- Begin gentle strengthening at 10 weeks

### ***Therapeutic Exercise***

- AROM in all planes
- Maintain PROM in FF and ER
- Progress with passive IR to full
- Glenohumeral joint and scapular mobilization to regain full motion
- Gentle stretching to regain full motion
- May begin gentle strengthening at 10 weeks
  - Biceps curls
  - Triceps extensions
  - Lat pull-downs
  - Seated row
  - Shoulder shrug
  - No push-ups or bench press!!!

### **PHASE IV (12-16 weeks)**

#### ***Criteria***

- Full, painless PROM and AROM

#### ***Goals***

- Maintain full PROM and AROM
- Optimize neuromuscular control
- Progress with strengthening

#### ***Therapeutic Exercises***

- Continue strengthening as above
- Increase weight as tolerated
- ER/IR strengthening with sports band (Theraband)

### **PHASE V (4 months+)**

#### ***Criteria***

- Full, painless PROM and AROM in all planes

#### ***Goals***

- Maintain full PROM and AROM
- Progress with strengthening
- Return to sports at 5 months
- Begin weight lifting, avoiding stress to posterior capsule

#### ***Therapeutic Exercises***

- Continue with passive stretching as needed to maintain full PROM
- Progress with strengthening
- May begin incline bench pressing with wide grip (low weight, high repetitions)
- Avoid standard bench pressing and push-ups for at least 6 months post-op

#### ***Return to Sports***

- May return to sports at 5-6 months when ROM is symmetric and painless and strength is 90% of contra-lateral side.