



POST-OPERATIVE SHOULDER SLAP (SUPERIOR LABRUM, ANTERIOR TO POSTERIOR) REPAIR GUIDELINES

Phase 1: Recovery (Week 1)

PRECAUTIONS

- Nonweightbearing in sling for 6 weeks
- Avoid stress on anterior shoulder joint
- If combined with bicep tenodesis, no bicep strengthening for 8 weeks
- Distal (elbow, forearm, wrist) range of motion exercises

TREATMENT RECOMMENDATIONS

- Gripping and hand AROM
- Postural awareness
- Elbow P/AROM
- Wrist AROM: flexion/extension/pronation/supination

Range of Motion:

- Week 1: external rotation (ER) to neutral, elevation in scapular plane 60°

Exercises

- Deltoid/cuff isometrics

CRITERIA FOR ADVANCEMENT

- Decreasing discomfort at rest

EMPHASIZE

- Protection of the repair
- Reduction of tissue irritability
- Prevention of muscle atrophy



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Phase 2: Intermediate (Weeks 2-5)

PRECAUTIONS

- Nonweightbearing in sling for 6 weeks post-op.
- Monitor for shoulder stiffness
- No forced PROM

TREATMENT RECOMMENDATIONS

ROM Goals – Passive, Active Assisted only. DO NOT FORCE BUT ASSESS FOR STIFFNESS

- Elevation in scapular plane: 90° → progress to 145° by week 6
- ER in scapular plane: 5°-10° → progress to 60° by week 6
- Internal rotation (IR) in scapular plane: 30°-45° → progress to 60° by week 6
- Abduction: 0°- 90° first 6 weeks (gentle motion)

Exercises

- Deltoid, Cuff, Scapular Isometrics
- Elbow AROM
- Rhythmic stabilization ER/IR with PT
- Progress to cuff isotonic by week 6
- Week 5-6: Scapular strengthening
 - Prone row, prone extension

CRITERIA FOR ADVANCEMENT

120° shoulder elevation PROM; 45° ER in scapular plane
Tolerance of scapular and RC exercises without discomfort

EMPHASIZE

Reduction in tissue irritability
Activation of rotator cuff and scapula stabilizers



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Phase 3: Advanced (Weeks 6-15)

PRECAUTIONS

- Discontinue sling, progress WB as tolerated
- No forced PROM
- No painful activities

TREATMENT RECOMMENDATIONS

ROM Goals

- Initiate light and pain free ER at 90° shoulder abduction
 - Progress to 30° abduction
- Flexion 160°-180°
- ER at 90° abduction: 75°-90° → progress to 115 by week 15
- IR at 90° abduction: 70°-75°

Flexibility: Posterior shoulder stretch at PT discretion

Exercises

- Progress above
- Throwers Ten
- Advanced Throwers Ten
- Scapular stabilization
 - Closed chain quadruped double arm protraction
 - Prone "T, I" and progress to "Y" and "W" as ROM allows
- End range stabilization using exercise blade/perturbations
- Shoulder endurance exercise
- UE ergometry (if ROM allows)
- Core strength/kinetic linking
- Weeks 10-16
 - 90°/90° ER/IR strengthening

CRITERIA FOR ADVANCEMENT

- Full shoulder AROM
- 4/5 strength below shoulder height

EMPHASIZE

- Full P/AROM
- Restoration of scapular and rotator cuff balance and endurance



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Phase 4: Pylometric (Weeks 16-19)

PRECAUTIONS

No painful activities

TREATMENT RECOMMENDATIONS

Continue shoulder RC and scapular stabilization exercises
Continue and progress all Advanced Thrower's Ten exercises
Initiate pylometrics as tolerated

- Pylometric progression (over 4 week period)
 - Double hand chest pass
 - Double hand overhead soccer pass
 - Double hand chops
 - Single hand IR at 0° abduction
 - Eccentric catch
 - Single hand 90/90 IR
- Endurance progression
 - Double hand overhead wall taps
 - Single arm 90/90 wall taps
 - Single arm 12 o'clock to 3 o'clock wall taps
 - Exercise blade in multiple sessions

CRITERIA FOR ADVANCEMENT

Full shoulder AROM

Symptom free progression through pylometrics and endurance program

EMPHASIZE

Shoulder flexibility, strength, and endurance

Pain free plyometrics



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Phase 5: Return to Performance Progression (5 months+)

PRECAUTIONS

All progressions should be pain-free
Monitor for loss of strength and flexibility

TREATMENT RECOMMENDATIONS

Initiate interval sports programs at 5 months
Continue with all upper and lower extremity flexibility exercises
Continue with advanced shoulder and scapular strengthening exercises
Gradually progress sports activities
Monitor workload

CRITERIA FOR RETURN TO PARTICIPATION

Symptom free progression through interval sports program
Independent with all arm care exercises

EMPHASIZE

Return to sports activity