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## Rehabilitation Following Arthroscopic SLAP Lesion Repair (Type II) & Bursectomy in the Overhead Thrower (Accelerated)

### I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

Goals: Protect the anatomic repair.  
Prevent negative effects of immobilization.  
Promote dynamic stability.  
Diminish pain and inflammation.

#### Week 0-1:

- Sling for 4 weeks (slight abduction sling)
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 90 degrees (Week 2: Flexion to 120 degrees)
  - Elevation in scapular plane to 60 degrees
  - ER/IR at 30 degrees abduction with arm in scapular plane
  - ER to 15-25 degrees
  - IR to 45 degrees
- \*\*NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Scapular muscle training through manual resistance
- Address posture
- Cryotherapy, Laser, modalities as indicated

#### Week 2:

- PROM & AAROM progression:
- Flexion to 125-145 degrees
- ER/IR performed at 45 degrees abduction in scapular plane:
- ER to 35-45 degrees
- IR to 45-50 degrees

#### Week 3-4:

- Discontinue use of sling at 4 weeks
- Sleep in immobilizer until Week 4
- ROM exercises (PROM and AAROM)
  - Flexion to 146-160 degrees
  - ER in scapular plane at 90° abd to 50-60 degrees (75 degrees at end of week 3)
  - ER at 90 degrees of abduction to 90 degrees (at end of week 4)
  - IR in scapular plane and 90° abd to 50-55 degrees
- \*\*NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Continue scapular training

- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

#### Week 5-6:

- Gradually improve ROM
  - Flexion to 170-175 degrees (at week 6)
  - ER at 90 degrees abduction: 100-105 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- Initiate Active Shoulder Abduction (without resistance)
- Initiate "Full Can" Exercise (Weight of Arm)
- Initiate Prone Rowing, Prone Horizontal Abduction
- NO Biceps Strengthening

### II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)

Goals: Gradually restore full ROM (week 10).  
Preserve the integrity of the surgical repair.  
Restore muscular strength and balance.

#### Week 7-9:

- Gradually progress ROM:
  - Flexion to 180 degrees
  - ER at 90 degrees abduction: 115-120 degrees
  - IR at 90 degrees abduction: 50-55 degrees
- Continue to progress isotonic strengthening program
- Initiate Throwers Ten Program (week 7-8)

#### Week 10-12:

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
  - Initiate sleeper stretch (light) **IN MODIFIED SIDELYING POSITION ONLY**
- Progress isotonic strengthening exercises
- Initiate Advanced Throwers Ten program at week 12-14
- Continue all stretching exercises
- \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises

### III. Phase III – Minimal Protection Phase (Week 14-20)

Goals: Establish and maintain full ROM.  
Improve muscular strength, power and endurance.  
Gradually initiate functional activities.

Criteria to enter Phase III:

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

Week 14-16:

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Initiate Interval Hitting Program (if appropriate) at week 14
- Continue strengthening exercises:
  - Initiate Advanced Throwers Ten Program
  - PNF Manual Resistance
  - Endurance training
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)

Week 16-20:

- Continue all exercise listed above
- Continue all stretching
- Continue Advanced Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)
  - \*\*See interval Throwing Program
    - Interval Throwing program

IV. **Phase IV – Advanced Strengthening Phase (Week 20-26)**

Goals: Enhanced muscular strength, power and endurance.  
Progress functional activities.  
Maintain shoulder mobility.

Criteria to enter Phase IV:

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness
- 5) Completed Plyometric program without pain

Week 20-26:

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs
  - Progress off the mound throwing once ITP Phase I is completed without problems

V. **Phase V – Return to Activity Phase (Month 6 to 9)**

Goals: Gradual return to sport activities.  
Maintain strength, mobility and stability.

Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

Exercises:

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program