ARTHROSCOPIC SLAP REPAIR (TYPE II AND TYPE IV)

*NO ISOLATED BICEP X 8 WEEKS

Phase I – Restrictive Motion Phase (Weeks 0 – 6)

Weeks 0 – 2:
- Sling for 4 weeks
- May take off swathe when good arm control/swathe at night x 4 weeks
- Elbow/hand ROM exercises
- Hand gripping exercises
- PROM/AAROM:
  - Flexion to 90°
  - ER to 15° in scapular plane
  - IR to 30° in scapular plane
  - Rope and pulley exercises
  - Pendulum
- Strengthening:
  - Isometrics for shoulder/scapular muscles except bicep
- Pain control modalities

Weeks 3 – 4:
- AAROM:
  - Flexion to 90°
  - ER to 30° in scapular plane
  - IR to 45° in scapular plane
  - Continue pulley and pendulum
- Strengthening:
  - Initiate tubing IR/ER with arm at side
  - Initiate rhythmic stabilization exercises
- Continue pain/inflammation control modalities

Weeks 5 – 6:
- AAROM:
  - Flexion to 145°
  - ER to 45 - 60° in scapular plane
  - ER to at abduction
  - IR to tolerance
- Strengthening:
Initiate isotonic strengthening below 90° (Inc. 1 #/wk if good form)
Advance scapular strengthening avoiding excessive extension ROM

- Initiate UBE

**Phase II – Intermediate Phase (Weeks 7 – 12)**

**Goals:**
- Restoration of full, pain-free ROM
- Protect surgical repair
- Restore muscular strength/endurance

**Weeks 7 – 9:**
- AAROM (progress to full ROM):
  - Flexion to 180°
  - ER to 90° at 90° abduction
  - IR to 70 - 75° at 90° abduction
- Strengthening:
  - Progress dumbbell strengthening exercises
  - Emphasize scapular strengthening
- Initiate capsular stretches

**Weeks 10 – 12:**
- Continue ROM, flexibility and self-capsular stretches
- Strengthening:
  - Continue dumbbell and scapular strengthening
  - Initiate isokinetic strengthening in neutral (high speed/high reps)
  - Initiate close chain strengthening (push-up plus progression)
- Initiate 2 handed plyometrics

**Phase III – Return to Activity Phase (Weeks 13 – 24)**

**Goals:**
- Maintain full ROM
- Improve muscular power
- Increase neuromuscular control
- Gradual return to sport specific activities

**Weeks 13 – 16:**

- Continue all flexibility exercises:
  - ER/IR stretch
  - Flexion stretch
  - Self-capsular stretches
- Strengthening:
Continue shoulder/scapular isotonics and closed chain program
Isokinetics (progress to 90/90 for throwers)
Begin general strengthening (bench, lats, etc) with shoulder precautions
  - Progress plyometrics (2 handed → 1 handed)
  - Initiate interval sport program (light sports – no overhead activities)

**Weeks 17 – 24:**
  - Continue flexibility/ROM/stretching program
  - Continue strengthening program
  - Continue plyometric program
  - Begin overhand interval sport programs (throwing)

**Phase IV – Return to Competition Phase (Months 6 - 9)**

**Goals:**
  - Maintain strength, mobility and stability
  - Progress to full activity and competition

**Criteria for return to play:**
  - Physician approval
  - Satisfactory ROM
  - Satisfactory strength test
  - Satisfactory clinical exam
  - Satisfactory completion of interval sport program