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***SLAP (Superior Labral Anterior-Posterior) Debridement + Bicep Tenotomy Post Operative Rehabilitation Protocol**

Prior to Surgery:

- Expect a call from your physical therapy facility to schedule a “Prehab” appointment for you. This appointment will encompass exercises that you may start after surgery, how to perform your activities of daily living, how to best remove and apply your sling, etc.
- Unless otherwise decided, expect a call from Rapid Recovery to fit you for your post-operative sling and to demonstrate and instruct you on how to use the cryocuff (ice machine).
- At the surgical center, the anesthesiologist will discuss the option of a nerve block to numb your shoulder and arm for your surgery, often using an indwelling nerve block or pain ball.

Following Surgery:

- Expect a surgical bulky dressing and shoulder immobilizer to be worn.
- Use cryocuff or ice shoulder 3-5 times per day for 30 minute intervals until your next clinic visit.
- Maintaining upright shoulder positioning may be more comfortable. (You may sleep in a recliner chair at night if it is more comfortable, but this is not required or use pillows behind you to prop yourself up.)

Precautions:

- Watch for signs of infection and call immediately if these signs develop:
 - Fever higher than 100°F, shortness of breath, or feel very sick.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- Wear sling immobilizer **at all times** except when showering and when doing therapy exercises for 2-3 weeks.
- **Do not lift any objects > coffee mug for at least 8 weeks post op.**

10-14 Days Post Op (at therapy):

- Sutures will be removed.
- May discontinue sling and wear only as needed for comfort.
- Progressive slow increased use of biceps as tolerated.
- Expect some soreness and spasms in biceps with activities like turning a door knob or screw driver.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- Begin to return to light activities of daily living with operative extremity.
- Can add further passive and active shoulder ROM including wall walks, internal rotation, and **posterior capsule stretch (reach hand across body to opposite shoulder)**.
- Begin slow, progressive strengthening as directed.

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.