



## \*SLAP (Superior Labral Anterior-Posterior) Repair Post Operative Rehabilitation Protocol (Page 1/2)

### 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:

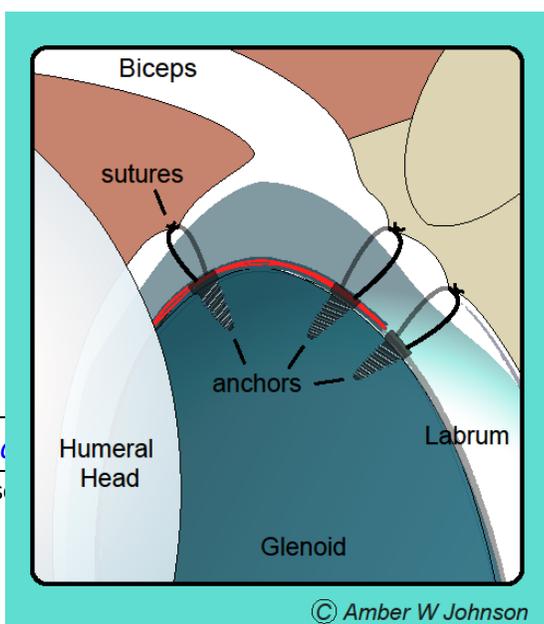
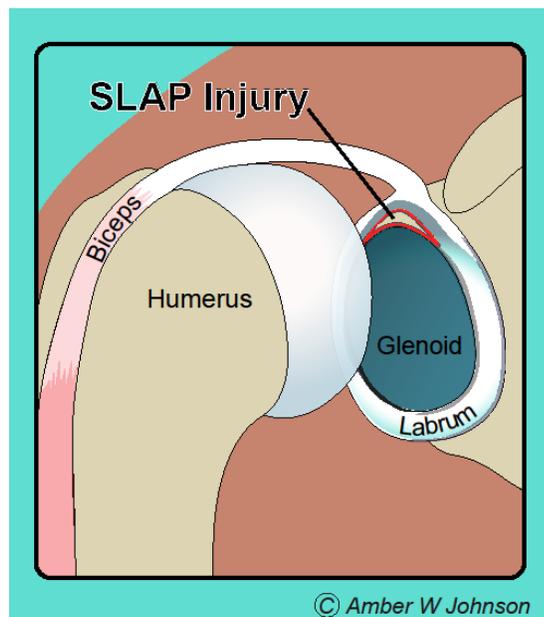
- Expect a surgical bulky dressing for 10 days and an arm sling to be worn for 8 weeks.
- Use cryocuff or ice shoulder 3-5 times per day for 15 minute intervals until your next clinic visit.
- Maintain upright shoulder positioning at all times.
- Begin gentle pendulums same day.
- Shower with a plastic bag covering the area and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

### 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.
- Do not elevate surgical arm above 70° for the first 4 weeks.
- Wear sling immobilizer **at all times** except when showering and when doing therapy exercises for 6 weeks.

\*Please visit our website at [www.akhanddoc.com](http://www.akhanddoc.com)

Note: These instructions are to serve as guidelines and are subject to Physician discretion depending on the individual.





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- **Do not lift any objects > coffee mug for at least 8 weeks post op.**
- Avoid excessive reaching and external/internal rotation until 8 weeks post op.
- Avoid activation of biceps until 8 weeks post-op.
- No external rotation of shoulder in 90° abducted position due to 'peel-back' mechanism.

#### **10-14 Days Post Op (at therapy):**

- Sutures will be removed.
- Begin gentle passive Range of Motion (ROM) to shoulder in protected range: flexion to 90°, abduction to 90°, external rotation to 0°.
- Perform exercises 3-5 times per day:
  - Passive external rotation while arm at side (adduction) to neutral only.
  - Active ROM and passive ROM for elbow flexion/extension. (Use opposite arm to assist.)
  - Active scapular motions – elevation, depression, and retraction.
- Continue to use sling as instructed (usually about 8 weeks if repair of labrum).
- Add supine passive-assisted shoulder flexion.

#### **4 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- Continue above exercises, but gently progress passive flexion toward 140° and external rotation to 30° (at side only).
- Initiate gentle active elbow flexion/extension out of sling.
- Begin sub-maximal isometrics for rotator cuff – external/internal rotation while shoulder at side.
- Continue sling wear as instructed.

#### **8 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- May begin to wean from sling or discontinue if instructed.
- 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)**.
- Can add active shoulder flexion to 90° and abduction at side (palm facing floor) to 90°.
- Continue to progress toward full flexion and external rotation at side.

#### **12 Weeks Post Op:**

- Follow up appointment with P.A. or M.D.
- As motion improves add progressive strengthening with theraband for Rockwood V, scapular stabilizers, and biceps/triceps.
- Emphasize posterior capsule stretch.
- **Expect no heavy lifting/loading activities for 4-6mos!**

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**Considerations:**

- May begin interval throwing if athlete at about 4 months post op.
- Continue progressive strengthening until full activities allowed at 6 months post op.

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