

# Comprehensive Orthopaedics, S.C.

## Arthroscopic SLAP Lesion Type I & III and/or Partial Rotator Cuff Debridement

*Dr. Jonathan Main, MD*

	<b>ROM GOALS</b>	<b>STRENGTH GOALS</b>	<b>FUNCTION GOALS</b>
0-2 weeks	<b>PROM/AAROM</b> (to tolerance) <ul style="list-style-type: none"> <li>All directions as tolerated</li> <li>ER &amp; IR (start at 0° of abduction, progress to 45° and then 90° of abduction as tolerated )</li> </ul> <b>AROM</b> <ul style="list-style-type: none"> <li>Full elbow, forearm, wrist and hand motion.</li> </ul>	* No bicep isometric for 5-7 days s/p <ul style="list-style-type: none"> <li>Submax Isometrics all directions</li> <li>Rotator Cuff activation</li> <li>Isotonic for scapula</li> <li>Forearm, wrist and hand strengthening</li> <li>Elbow strengthening</li> </ul>	<ul style="list-style-type: none"> <li>Sling for 3-7 days</li> <li>Achieve 0/10 pain rating at rest</li> <li>Normal use of eating utensils</li> </ul>
2-4 weeks	<b>A/AROM (to tolerance)</b> <ul style="list-style-type: none"> <li>80% of opposite side</li> <li>Continue stretching and GH mobs. until ROM is symmetrical</li> </ul>	<ul style="list-style-type: none"> <li>Initiate isotonic entire shoulder complex, and scapulothoracic</li> <li>Build endurance (3 x 15) for standing AROM</li> <li>Manual resisted PNF</li> <li>Dynamic stabilization exercises</li> </ul>	Initiate: <ul style="list-style-type: none"> <li>Non-weighted below &amp; above shoulder height ADL's.</li> <li>Normal grooming, bathing and dressing.</li> </ul>
4-6 weeks	<b>AROM</b> <ul style="list-style-type: none"> <li>Full pain-free AROM</li> </ul>	<ul style="list-style-type: none"> <li>Advance PREs, PNF, scapular stabilization and functional patterns.</li> <li>CKC Progression</li> <li>Initiate plyometrics</li> <li>Endurance training</li> <li>Assess functional skills &amp; isokinetic strengthening</li> </ul>	Initiate: <ul style="list-style-type: none"> <li>Initiated weighted below and above shoulder height ADL's.</li> <li>0/10 pain rating with routine ADL's</li> <li>Normal sleeping (affected side) and behind the back ADL's</li> </ul>
7+ weeks	<b>AROM</b> <ul style="list-style-type: none"> <li>Achieve 100% of opposite side (non-compensated)</li> </ul>	Progress: <ul style="list-style-type: none"> <li>Plyometric training</li> <li>Isokinetic training</li> <li>Set up sports specific or work related training program</li> <li>Throwing program</li> </ul>	<ul style="list-style-type: none"> <li>Return to sports activities once authorized by surgeon</li> </ul>



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