

Comprehensive Orthopaedics, S.C.

SLAP LESION REPAIR TYPE II & IV

Dr. Jonathan Main, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-3 weeks	PROM *ER & Extension – not past neutral with Type II and Type IV *Avoid Full Elbow extension (pending surgeon's recommendations) <ul style="list-style-type: none"> ER to 20° (45° scaption) IR to abdomen Scaption to 90° Flexion to 100° AROM <ul style="list-style-type: none"> Cautious with AROM Elbow flexion (start with AAROM) Full elbow, forearm, wrist and hand motion without resistance 	Isometric Only <ul style="list-style-type: none"> ER Extension (in 10° shoulder flexion) Abduction (arm at side) No isolated biceps contraction 	<ul style="list-style-type: none"> Immobilizer for 2-3 weeks
3-6 weeks	PROM → AAROM <ul style="list-style-type: none"> ER to 30°-45° (60° scaption) Scaption to 110° Flexion to 120° 	<ul style="list-style-type: none"> Initiate scapular stabilizers (not past neutral extension) Initiate Rhythmic stabilization PNF manual resistance 	<ul style="list-style-type: none"> Maintain arm by side with ADL's 0/10 pain at rest Normal use of eating utensils
6-9 weeks	AAROM <ul style="list-style-type: none"> ER to 60° (75° scaption) Scaption to 130° Flexion to 145° AROM <ul style="list-style-type: none"> Scaption to 100° 	<ul style="list-style-type: none"> Initiate rotator cuff isotonic with arm at side Build endurance (3 x 15) for standing AROM PNF strengthening 	<ul style="list-style-type: none"> Begin non-weighted below shoulder ADL's Normal grooming, bathing & dressing.
9-12 weeks	AAROM <ul style="list-style-type: none"> ER to 70°-85° (90° scaption) Scaption to 150° Flexion to 165° AROM <ul style="list-style-type: none"> Scaption to 140° 	<ul style="list-style-type: none"> Initiate light biceps (Type II & Type IV) isotonic Initiate PNF & Closed Kinetic Chain (CKC) progressions Advance biceps PRE's 	<ul style="list-style-type: none"> Begin weighted below shoulder ADL's
3-4 months	<ul style="list-style-type: none"> Achieve 90% AROM to uninvolved side 	<ul style="list-style-type: none"> Progress biceps PRE's (for Type II & IV) Progress shoulder isotonic 	<ul style="list-style-type: none"> Light sport or work simulation skills Initiate throwing program at 4 months
4-6 months	<ul style="list-style-type: none"> Achieve 100% AROM to uninvolved side 	<ul style="list-style-type: none"> Assess functional strength Isokinetic strengthening Plyometric strengthening 	<ul style="list-style-type: none"> Return to non-contact sports at 4-5 months Return to full sports at 6 months Return to full sports at 6 months for Type II & Type IV



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