

PROTOCOL FOR ARTHROSCOPIC SLAP REPAIR

The lesion is a tear of the Superior Labrum Anterior and Posterior (SLAP) including the long head of biceps. The operation is to reattach the long head tendon of biceps to the supraglenoid tubercle region.

AIMS FOR THE PROTECTIVE PHASE (0-6 WEEKS)

- Protect the repair.
- Prevent the negative effects of immobilisation.
- Diminish pain and inflammation.
- Promote a good posture.

In-patient 0-3 weeks

- Sling applied and to be worn for 3 weeks.
- Instruction to be given for correct removal of sling for washing and dressing.
- Active elbow, wrist and hand exercises (**no resisted biceps activity**).
- Scapular setting and posture correction in the sling.
- Submaximal isometric rotator cuff exercises. (<30% of maximum voluntary contraction) - ensure elbow is flexed.
- gentle assisted external rotation

Out-patient - 3-6 weeks

- Wean off the sling.
- Active assisted shoulder exercises progressing to active with elbow at 90 degrees.
- Progress scapula stability programme with core control and kinetic chain exercises if necessary.
- **No resisted biceps.**
- **No combined external rotation/abduction stretches.**
- Isometric cuff exercises.
- Proprioception exercises and closed chain rotator cuff exercises.

AIMS FOR THE INTERMEDIATE PHASE (6-12 WEEKS)

- Regain full ROM.
- Continue to protect the repair.
- Correct movement patterns throughout ROM.
- Promote dynamic stability of the scapular and glenohumeral joint.
- Improve proprioception.

Week 6-12

- **Commence biceps concentric exercises. Avoid eccentric biceps loading.**
- Can commence long lever active exercise.
- Progress scapular stability programme with kinetic chain exercises.
- Continue closed chain rotator cuff rehabilitation and gradually progress to open chain.
- Posterior capsule stretches and manual therapy as required
- Commence combined external rotation and abduction stretches.

AIMS FOR THE ADVANCED STAGE

- Ensure full active ROM into combined positions.
- Enhance power, strength and endurance.
- Function specific end range stability.

Week 12+

- Continue with capsular stretches including posterior complex and manual therapy as required
- Advanced closed chain and open chain rotator cuff exercises.
- Eccentric biceps exercises with scapular control.

6 months

- Return to contact sports, overhead throwing activities.

Discharge with:

- Full range of movement
- Minimal pain
- Good postural awareness
- Adequate scapular stability

References:

www.shoulderdoc.co.uk

Gorantla, Kaylan, Gill, Corey, Wright, Rick W. The outcome of type 11 SLAP repair: a systematic review. Arthroscopy : the journal of arthroscopic & related surgery. (2010) 26:4.537-545

Originator:
Date last reviewed:

Carole Cummings, Orthopaedic Physiotherapy Specialist
Sept 2015