

POST-OP SLAP Repair Instructions and Therapy Protocol

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Office Contact Number: 203-758-1272

Instructions

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed. Usually you will need the sling at all times for 2-3 weeks.
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower. **DO NOT** use the **R L** arm for washing. Be gentle. Sudden movements or actively moving the arm away from the body can disrupt the surgical repair.

Dressing

- ✓ Keep your dressing clean and dry. Cover for washing until you remove it.
- ✓ You may remove the entire bandage in 5 days after surgery. After removing the dressing, the incisions can get wet in the shower. Apply band-aids over the incision during the day as needed.

To reduce the risk of infection:

- **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
- **DO NOT apply any antibiotic or other ointments, gels, or creams**
- **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 14 days from surgery. The sutures will be removed at that time.
- ✓ **Please set up PT appointment within the first week post-op**

Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

SLAP Repair Post-Op Therapy Instructions

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Patient Name _____ Date of Surgery _____

Diagnosis _____ Type of Repair _____

Week 0-3: Goals = Control pain, promote healing, prevent stiffness

Wean off of prescribed medication.

Exercises to perform 4-5 x day, 7 days/week

Pendulums (start on first day of therapy)

PROM: Scapular plane to 130, ER to 45

AROM: Scapular plane elevation and retraction

Elbow, wrist, hand ROM

Stay in sling when not performing exercises

Week 3-4: Goals = Promote healing, prevent stiffness

PROM: Scapular plane to 140, ER to 60

AAROM: Scapular plane elevation and ER to above limits

Begin pulleys and scaption isometrics @ 30 deg (against gravity)

Stay in sling when not performing exercises

Week 4-6: Goals = Begin active motion, Improve ROM, Strengthen gently

Wean off of the use of the sling

PROM: Scapular plane to 165, ER to 70

AROM: scaption- supine @ 4 wks, standing at 5 wks

Sidelying ER

Bodyblade ok → scaption @ 0 deg, ER/IR : **NOT AGGRESSIVE**

Dynamic weightbearing on ball (bilateral)

Week 6-8: Goals = Regain full motion, Continue strengthening

PROM: Elevation full, ER to 60

ER/IR/Scaption with resistance, progress gently

Week 8-10: Goals = Full motion, Begin return to sports training

PROM: to tolerance (cocking ok)

Supine cocking with weight ok (eccentric)

Dynamic weightbearing on ball (unilateral)

Week 10+: Goals = Return to full activity

Push-ups ok when ready

Begin a return-to-throwing plan (eccentric control of cocking)