

UCLA OUTPATIENT REHABILITATION SERVICES	
<input type="checkbox"/> WESTWOOD 1000 Veteran Ave., A level Phone: (310) 794-1323 Fax: (310) 794-1457	<input type="checkbox"/> SANTA MONICA 1260 15 th St, Ste. 900 Phone: (310) 319-4646 Fax: (310) 319-2269
FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	

SHOULDER SLAP REPAIR PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p (LEFT / RIGHT) Shoulder Arthroscopic SLAP Repair
Surgery Date: _____

PHASE I (0-4 weeks post-op):

___ Protect anterior capsule from stretch. Limit ER to 10° and Abduction & Forward Elevation to 90°;

Keep all motion within scapular plane

___ Passive supine forward elevation in plane of scapula to 90°; Passive supine ER to 10°

___ Passive elbow motion; No active elbow flexion / biceps contraction

___ Wrist and gripping exercises; Deltoid isometrics; Modalities PRN

___ Sling at all times except during exercise

PHASE II (4-6 weeks post-op):

___ Pendulum exercises & Codman's within controlled arc below 110°

___ Increase passive supine ROM with goal to achieve full shoulder motion by 8 weeks

___ Pool exercises: gentle shoulder AAROM forward elevation, abduction, extension, horizontal

adduction; elbow flexion and extension

___ Continue wrist and gripping exercises; Deltoid isometrics

___ Modalities PRN; Begin lower extremity and trunk strengthening

___ D/C sling at 6 weeks

PHASE III (6-12 weeks post-op):

___ 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side (limit to 45° ER)

___ Progress flexion to 160°

___ 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction

___ Pool exercises AROM all directions below horizontal, light resisted motions in all planes

___ AAROM activities to restore flexion, IR, horiz ADD

___ Deltoid, Rotator Cuff isometrics progressing to isotonics

___ PRE's for scapular muscles, latissimus, biceps, triceps

___ PRE's work rotators in isolation (use modified neutral)

___ Joint mobilization (posterior glides)

___ Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics

___ Utilize exercise arcs that protect anterior capsule from stress during PRE's

___ Keep all strength exercises below the horizontal plane in this phase

PHASE IV (12-16 weeks post-op):

___ Continue AROM activities to restore full ROM & normal restore scapulohumeral rhythm

___ Aggressive scapular stabilization and eccentric strengthening program

___ PRE's for all upper extremity musculature (begin to integrate upper extremity patterns); Continue

to emphasize eccentrics and glenohumeral stabilization; All PRE's are below horizontal plane

for non-throwers

- ___ Begin isokinetics & muscle endurance activities (UBE)
- ___ Continue with agility exercises & advance functional exercises; Full return to sporting activities

Treatment: _____ times per week **Duration:** _____ weeks _____
Home Program

**Please send progress notes.

Physician's Signature: _____ **Date:** _____

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
UCLA Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue, 76-143 CHS
Los Angeles, CA 90095-6902
Phone: (310) 825-6095
Fax: (310) 825-1311
CA License: A126262