



# Shoulder SLAP Repair

## Indications

To repair the damaged origin of the long head of biceps tendon (Superior Labral Anterior to Posterior Tear)

## Protocol

### *Post Operation <3 weeks*

- Wean off sling over first 3 weeks
- Teach postural awareness and scapular setting
- Assess kinetic chain control and provide exercises as required
- Regain scapula & glenohumeral stability working for shoulder joint control rather than range
- Passive ROM *as tolerated*
- Progress to Active Assisted Motion *as tolerated*
- Closed Chain exercises *as tolerated*
- Core stability exercises with sling (as appropriate)

### *3 Weeks*

- Progress to active glenohumeral flexion, abduction, internal and external rotation
- Scapular stabiliser exercises
- Strengthen rotator cuff muscles
- Posterior complex stretching
- Increase proprioception through open & closed chain exercise

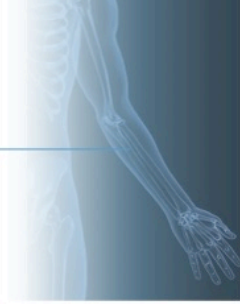
### *6 Weeks*

- Ensure posterior capsule mobility
- Manual therapy if indicated to eliminate any stiffness
- Assess biceps function and add in eccentric biceps exercises with scapula control if required
- Progress to Sports-Specific Rehab

### *12 Weeks*

- Biceps strengthening.





## Milestones

### *Week 6*

- Full Active range of elevation

### *Week 12*

- Full active range of movement with dynamic scapula stability throughout range (Concentric and eccentric)

## Return to functional activities

### *Return to work*

- Sedentary job: as tolerated
- Manual job: 12 weeks

### *Driving*

- 6-8 weeks

### *Swimming*

- Breaststroke: 6 weeks
- Freestyle: 12 weeks

### *Golf*

- 12 Weeks

### *Lifting*

- Avoid lifting heavy items for 3 months.

### *Contact/High Impact Sports* (e.g. Rugby League, AFL, martial arts, racket sports and Surfing)

- \* 12 weeks

