



Michael S. Day, MD, MPhil
WellSpan Orthopedics
120 North Seventh Street, Chambersburg, PA 17201, Suite 101
Tel: (717) 263-1220 Fax: (717) 263-6255

Patient Name: _____ **Date:** _____

Treatment Frequency: 3 x week **Duration of Therapy Prescription:** 6 weeks

PHYSICAL THERAPY PRESCRIPTION:

SUPERIOR LABRUM ANTERIOR POSTERIOR LESION – SLAP – REPAIR

RECOVERY / RECUPERATION PHASE: WEEKS 1 - 3

- * Immobilization x 3 weeks except for exercises
- * Elbow A/AAROM: flexion and extension.
- * Protect ant. capsule from stretch. Limit ER to 10 DEG, horiz ABD, to scapular plane.
- * Supine FF to 100-110 degrees.
- * Restrict motion to 40° of External Rotation and Internal Rotation to stomach
- * No Internal Rotation up the back/No External Rotation behind the head
- * No resisted Forward Flexion/Elbow Flexion (to avoid stressing the biceps origin)
- * Modalities (i.e. CryoCuff) PRN.
- * Wrist and gripping exercises.
- * Deltoid isometrics.
- * Grip strengthening.
- * Discontinue sling at 3 weeks.

**Goal: Maintain
& encourage
ROM while
protecting labral
repair during first
6 weeks**

WEEKS 3 - 6

- * At 3 weeks PROM: pulley for flexion, pendulum exercises.
- * Pool exercises: A/AAROM flexion, extension, horiz. ADD, elbow flex & extension.
- * Deltoid isometrics.
- * Lightly resisted elbow flexion.
- * Continue with wrist exercises.
- * Modalities PRN.

WEEKS 6 - 12

- * 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side (limit to 45° ER).
- * Progress forward 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.
- * AROM activities to restore flexion, IR, horiz. ADD.
- * Deltoid, Rotator Cuff isometrics progressing to isotonic.

- * 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.

WEEKS 12 - 16

- * AROM activities to restore full ROM.
- * Restore scapulohumeral rhythm.
- * Joint mobilization.
- * Aggressive scapular stabilization and eccentric strengthening program.
- * PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers.
- * Begin isokinetics.

AT WEEK 16+

- * Begin muscle endurance activities (UBE). Focus on endurance of cuff and scapular stabilizers.
- * Continue with agility exercises.
- * Advanced functional exercises / sports specific exercises.
- * Isokinetic test / Functional test assessment.
- * Develop Home Program.
- * Return to throwing at 4.5 months
- * Return to sports at 6 months if approved

Send Progress notes

Physician's Signature: _____

(I have medically prescribed the above treatments)

Michael S. Day, MD