



Raphael S. F. Longobardi, MD
Orthopedic Surgery
Continental Plaza, 433 Hackensack Avenue, Hackensack NJ 07601
www.universityorthopaedic.com
tel: 201.343.1717 fax: 201.343.3217
NJ lic #: 25MA06397000 NY lic# 186348

Name: _____

DOS: _____

SLAP REPAIR

0-2/13 WEEKS: REHAB SPECIFICATIONS : **(2-3X/WK)**

- AVOID EXCESSIVE IR
- IMMOBILIZER BRACE FOR 3-4 WEEKS
- INSTRUCTION OF PROPER HOME ROM FUNCTION

EXERCISES:

- PENDULUMS/CODMAN'S
- ELBOW/WRIST/HAND ROM/GRIP STRENGTHENING
- HOME PULLEY – PLS INSTRUCT ON USE
- ROTATOR CUFF & DELTOID ISOMETRICS/ISOTONICS
- ROM GUIDELINES: (ACTIVE/PASSIVE & ACTIVE ASSISTED-
PROGRESS AS TOLERATED)
 - o FORWARD FLEXION- 0-90 DEGREES
 - o ABDUCTION – 0-90 DEGREES
 - o ACHIEVE FULL AND SYMMETRIC ER ASAP (**PASSIVE AND ACTIVE**)
 - o SCAPULAR ELEVATION AND RETRACTION EXERCISES

*** (AVOID COMBINED ABDUCTION @ 90 DEG & ER @ 90 DEG FOR 8 WEEKS)**

2-4/13 WEEKS: REHAB SPECIFICATIONS: **(2-3X/WK)**

- GOAL: ACHIEVE FULL PROM BY 4-6 WEEKS

EXERCISES:

- INCREASE ROM
 - o INCREASE TO **FULL** FORWARD FLEXION
 - o INCREASE TO **FULL** ABDUCTION
 - o MAINTAIN FULL AND SYMMETRIC ER
 - o CONTINUE TO AVOID EXCESSIVE IR
- PERI-SCAPULAR ISOMETRICS/ISOTONICS

SLAP REPAIR

- 4-6/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
- MAINTAIN ROM
 - RESTORE SCAPULOHUMERAL/SCAPULOTHORACIC RHYTHM
- EXERCISES: (Keep all strength exercises below the horizontal plane in this phase)
- WAND
 - UBE
 - MAY BEGIN AQUATIC ACTIVITIES- Pool exercises AROM all directions below horizontal, light resisted motions in all planes.
 - 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
- 6-8/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
- JOINT MOBILIZATION
 - MAY BEGIN PROGRESSIVE INTERVAL THROWING PROGRAM AS CLEARED BY MD
- EXERCISES:
- CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING
 - AGGRESSIVE SCAPULAR STABILIZATION AND ECCENTRIC STRENGTHENING PROGRAM.
 - PRE's FOR ALL UPPER EXTREMITY MUSCULATURE (BEGIN TO INTEGRATE UPPER EXTREMIY PATTERNS). Continue to emphasize eccentrics and glenohumeral stabilization.
 - BEGIN ISOKINETICS
- 16+ WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
- PREPARE PATIENT FOR DISCHARGE THROUGH COORDINATION/COMMUNICATION WITH WORK HARDENING OR SPORT-SPECIFIC THRAINING (CONSULT ATHLETIC TRAINER OR EXERCISE PHYSIOLOGIST)
 - PATIENT SHOULD HAVE A COMPREHENSIVE HOME EXERCISE PROGRAM FOR UE STRENGTHENING AND FLEXIBILITY
 -
- EXERCISES:
- CONTINUE WITH ACTIVITIES AS OUTLINED ABOVE WITH RETURN TO UNRESTRICTED ACTIVITY/DISCHARGE AS CLEARED BY MD

Signature: _____ Raphael S.F. Longobardi, M.D.