



Official Health Care Provider of the Louisville Cardinals

Procedure: Arthroscopic SLAP Repair

Description of Procedure: The utilization of suture anchors to fixate the superior labrum back to its bony origin. Anchors are placed posterior to the biceps tendon to avoid over constraint.

PT Frequency: 2-3x wkly 0-3 mo, physician/therapist discretion afterwards. Home exercises daily.

	Weight Bearing	Brace	ROM	Therapeutic Exercises
Phase I: 0-6 wks	Non-weight bearing (NWB) to the extremity.	<p>Wear abduction brace except for exercises and hygiene. Keep in place for sleep.</p> <p>Dressing: PT may perform dressing change as needed. Leave steri-strips in place. Ok to shower with or without dressing. No tub bathing/soaking until wound fully healed.</p>	Limit passive FF to 90°, ER 20°.	<p>Elbow, wrist, hand ROM, grip</p> <p>AA/PROM FF plane scapula 90°</p> <p>AA/PROM ER 20° arm at side</p> <p>Side-lying scapular stabilization</p> <p>Submaximal deltoid & cuff isometrics</p> <p>Support elbow during exercises to limit stress on repair</p> <p>Modalities as indicated</p>
Phase II: 6-12 wks	5 lb weight restriction	Wean out of sling (no sling at night → sling only when out of house → no sling)	Progress	<p>A/AA/PROM no limits</p> <p>Rotator cuff/periscapular stabilization</p> <p>Humeral head rhythmic stabilization</p> <p>Scapular stabilization/latissimus strength</p> <p>Upper body ergometry (UBE)</p> <p>Isokinetic training</p>

	Weight Bearing	Brace	ROM	Therapeutic Exercises
Phase III: 12-18 wks	Progress	None	Full	Advance UE strengthening as tolerated Begin plyometrics Sport specific activities Throwing/racquet program 4-5 months OK to cycle/run at 12 weeks Pain free plyometrics FSA at 18 wks

Typical follow up frequency is 2 wks with mid-level then with Dr. Richards at 4-6 wks, 3 mo, 6 mo, 9 mo, 1 yr, 2 yr, and 5 yr. Long term follow up is kindly requested for data collection. Frequency is subject to change pending patient progress. Progression back to sport is dependent on case-by-case basis and determined by Dr. Richards. If significant pain or swelling occurs, patient is expected to stop causative activity and follow up with our office. On call providers are always available.