



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



ISOLATED SLAP REPAIR

Revised August 2008

Post-op Days 1 – 7

- Sling x 6 weeks – Even while sleeping
- Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack

Goals

Protection & Pain control

Days 7 – 14

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Active assist motion (AAROM) supine with wand
 - Flexion to 90 degrees
 - Abduction to 60 degrees
 - ER to 15 degrees
 - IR to 45 degrees
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)
- Goal** – AAROM Flexion to 90 degrees, Abduction to 60 degrees

Weeks 2 – 4

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- AAROM supine with wand
 - Flexion to 120 degrees
 - Abduction to 90 degrees
 - ER to 30 degrees
 - IR to 60 degrees
- Goal** – AAROM Flexion to 120 degrees, Abduction to 90 degrees

Weeks 4 – 6

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- AAROM (supine with wand, wall climbs)
 - Flexion to 150 degrees
 - Abduction to 120 degrees
 - ER to 50 degrees
 - IR to 60 degrees
- Push-up plus against the wall
- Treadmill – Walking progression program
- Goal** – AAROM Flexion to 150 degrees, Abduction to 120 degrees

Weeks 6 – 9

D/C Sling
Continue appropriate previous exercises
AAROM, AROM through full range
– Begin pulleys prn
– Wand behind back for IR
Rotator cuff strengthening with Theraband
– ER and IR arm at side with rolled towel in axilla
– Flexion to 60 degrees
– Abduction to 60 degrees
– Scaption to 60 degrees
– Extension to 30 degrees
Standing rows with Theraband
Resistive elbow / wrist exercises with light dumbbell
Push-up progression – Wall
Body Blade
Ball on wall (arcs, alphabet)
BAPS on hands
UBE – Forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

Goals

Full AROM
30 wall push-ups

Weeks 9 – 12

Continue appropriate previous exercises with increased resistance
PROM / mobilization as needed to regain full ROM
Seated row weight machine with light weight
Push-up progression – Wall to table
Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool therapy – With UE resistance

Goal – Rotator cuff strength WNL

Months 3 – 4

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Weight training with light resistance (no overhead press, pull downs, lateral lifts)
Push-up progression – Table to chair

Goals

Run 2 miles at easy pace
30 chair push-ups

Months 4 – 6

Continue appropriate previous exercises
Push-ups, regular
Sit-ups
Gravitron – Pull-ups and dips
Swimming
Running progression to track

Progressive weight training program
Transition to home / gym program

Goals

Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

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LTC, SP
Chief, Physical Therapy

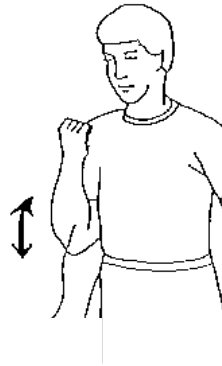
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Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

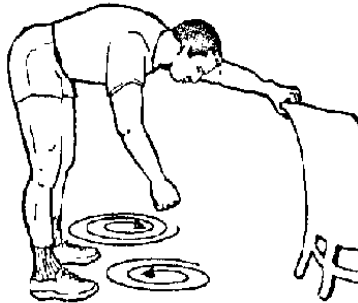
Grip Squeeze



Elbow active range of motion



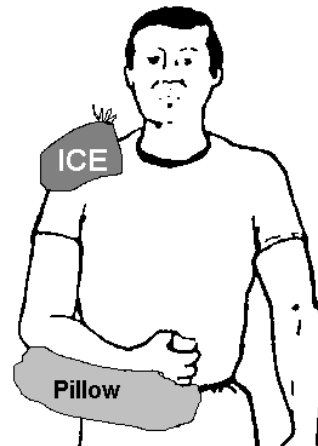
Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day



Appointments?? Questions??

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