

Shoulder SLAP Repair

Shoulder SLAP repair is needed:

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

Milestones

Time after surgery	What you can expect from your shoulder
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

Activity	When you can expect to be able to do the activity
Return to work	Sedentary job: as tolerated Manual job: 12 weeks
Driving	6-8 weeks
Swimming	Breaststroke: 6 weeks Freestyle: 12 weeks
Lifting	Avoid lifting heavy items for 3 months, after then, as guided by your strength
Golf	12 weeks
Contact/High Impact Sports	12 weeks e.g. Rugby League, AFL, Martial Arts, Racket Sports, Surfing

Rehabilitation Protocol

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

Time after surgery	Physiotherapy/Support
Day 1 to 3 weeks	<p>During the first three weeks you can expect to:</p> <ul style="list-style-type: none"> • initially wear a sling, but wean off it • be taught postural awareness and scapular setting • be assessed for kinetic chain control and be given exercises if required • regain scapula and glenohumeral stability working for shoulder joint control rather than range <p>Engage in the following:</p> <ul style="list-style-type: none"> • passive range of motion exercises (as tolerated) • active assisted motion exercises (as tolerated) • closed chain exercises (as tolerated) • core stability exercises with sling (as appropriate)
3 to 6 weeks	<p>During the next 3 weeks, you can expect to:</p> <ul style="list-style-type: none"> • progress to active glenohumeral flexion, abduction, internal and external rotation • start scapular stabiliser exercises • begin strengthening rotator cuff muscles • perform posterior complex stretching • increase your proprioception through open and closed chain exercises
6 to 12 weeks	<p>During the next 6 weeks, your physiotherapist will:</p> <ul style="list-style-type: none"> • ensure posterior capsule mobility • perform manual therapy (if indicated) to eliminate any stiffness • assess biceps function and add in eccentric biceps exercises with scapula control (if required) • progress your program to include sports-specific rehab
12 weeks +	<p>From here you will be involved in:</p> <ul style="list-style-type: none"> • biceps strengthening exercises