

SHOULDER - SLAPODESIS REPAIR REHABILITATION PROTOCOL

TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
1ST week	May use arm in front of body for functional tasks like typing eating (in sling).	Worn at all times except for hygiene and exercises.	Wrist, elbow, & hand ROM.
1-4 weeks	Active Assisted ROM/Active ROM: External Rotation to 40°, Forward Flexion to 140°, Internal Rotation as tolerated	Worn at all times except for hygiene and exercises.	Wrist, elbow, & hand ROM.
4-6 weeks	Increase to full motion as tolerated	None	May begin gentle Thera band exercises. Progress as tolerated.
6-12 weeks	Continue towards full range of motion	None	May begin gentle strengthening with weights.
4-6 months	Full motion without discomfort	None	Begin sport specific drills. Return to previous level of activity.

*****BICEP TENODESIS RESTRICTIONS** – NO active bicep range of motion or strengthening for a total of 6 weeks postoperatively. No active lifting with the bicep.

*****Begin Physical Therapy 1 week after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op SLAP repair AND bicep tenodesis. 2x per week for 12 weeks</p> <p>Notes: _____</p> <p>MD signature: _____</p>
