



DR. BUTKOVICH SLAP REPAIR REHABILITATION PROTOCOL

STAGE I: (0-4 WEEKS) IMMOBILIZATION

GOALS:

- MAINTAIN INTEGRITY OF REPAIR
- PROMOTE TISSUE HEALING
- GRADUALLY INCREASE PASSIVE RANGE OF MOTION
- DIMINISH PAIN AND INFLAMMATION

PATIENT INSTRUCTIONS:

1. WEAR SLING DAY AND NIGHT
2. KEEP INCISIONS CLEAN & DRY
3. CRYOTHERAPY FOR PAIN & INFLAMMATION
4. RESUME GENERAL FITNESS ACTIVITIES IN SLING WHEN PAIN PERMITS (I.E. STATIONARY BIKE)
5. AT 6-8 WEEKS PATIENT MAY D/C SLING AT HOME & OFFICE PER MD

TREATMENT:

1. MOIST HEAT AND OTHER MODALITIES PRIOR TO THERAPY (CONTINUE THROUGHOUT THERAPY PROGRAM AS NECESSARY)
2. PENDULUM SWINGS
3. TABLE SLIDES
4. BEGIN ACTIVE FLEXION/ EXTENSION OF ELBOW AND WRIST
5. BEGIN GRIP STRENGTHENING
6. BEGIN ACTIVE RANGE OF MOTION OF NECK
7. BEGIN SUPINE ASSISTED FORWARD ELEVATION (OPPOSITE HAND AND/OR STICK)
8. BEGIN PASSIVE FORWARD FLEXION TO 90 DEGREES
9. **EXTERNAL ROTATION LIMITED TO NEUTRAL (0 DEGREES)**
10. NO AROM OR AAROM

STAGE II: (4-6 WEEKS)**GOALS:**

- ALLOW HEALING OF SOFT TISSUE
- GRADUALLY RESTORE PASSIVE RANGE OF MOTION
- DO NOT OVERSTRESS HEALING TISSUE

TREATMENT:

1. ER TO 30 DEGREES WITH ARM AT SIDE
2. ABDUCTION IN SCAPULAR PLANE TO 90 DEGREES
3. ONCE 90 DEGREES OF ABDUCTION IS OBTAINED, BEGIN SERRATUS STRENGTHENING IN SUPINE POSITION
4. ADDRESS SC, AC, AND SCAPULOTHORACIC MOBILITY
5. GENTLE POSTERIOR GLIDES TO DECREASE CAPSULAR TIGHTNESS
6. INCREASE ROM: AAROM (VIA PULLEY, CANE, TOWEL, ETC.)→ GENTLE PROM

STAGE III: (WEEKS 6-10)**PATIENT INSTRUCTIONS:**

1. D/C SLING AT WEEKS 6-8

TREATMENT:

1. BEGIN ISOMETRICS IN NEUTRAL FOR IR, ER, ABD, FLEX AND EXT
2. GRADUAL A→AA→PROM TO IMPROVE ER (MAY BEGIN ER AT 45 DEGREES ABDUCTION)
3. AA→AROM FOR IR, ER, FLEX, ABD, AND HORIZONTAL ADD
4. PRE'S FOR SCAPULAR STABILIZERS (EMPHASIS ON SCAPULAR RETRACTION AND PROTRACTION)
5. KEEP STRENGTHENING BELOW 90 DEGREES OF FORWARD FLEXION

STAGE IV: (WEEKS 10-16)**TREATMENT:**

1. 10 WEEKS-
 - a. AROM TO REGAIN FULL ROM
 - b. BEGIN UBE
 - c. BEGIN WALL PUSH-UPS
 - d. NORMALIZE SCAPULO-HUMERAL RHYTHM
 - e. BEGIN JOINT MOBILIZATION
 - f. BEGIN ISOKINETICS
2. 14 WEEKS-
 - a. BEGIN STRENGTHENING AT 90 DEGREES OF ABDUCTION

STAGE V: (WEEKS 16-24)

TREATMENT:

1. BEGIN PLYOMETRICS WITH THROWBACKS
2. BEGIN RACKET/THROWING PROGRAM
3. BEGIN OVERHEAD ACTIVITIES
4. BEGIN STANDARD PUSH-UPS

STAGE VI: (24 WEEKS)

TREATMENT:

1. ALLOW COMPETITION AND RETURN TO CONTACT