

Consultant Orthopaedic Surgeon

POST OP REHAB GUIDELINES

ARTHROSCOPIC SLAP REPAIR

(Superior Labral Antero-Posterior repair)

KEY POINTS

- Normally in sling for 3/52
- Read op notes for individual instructions

Discharged from the ward with:

- Active elbow, hand, finger, neck and shoulder girdle exercises
- Pendular flexion for axillary hygiene reasons only
- Postural awareness advice

Weeks 1-3:

- Teach pendular exercises
- Passive ROM as tolerated
- Active assisted flexion to 90 degrees
- **NO** combined abduction and external rotation
- Closed kinetic chain exercises as tolerated to improve proprioception
- Check active elbow, hand, finger, neck and shoulder girdle exercises
- Re enforce postural advice

Weeks 3-6:

- Wean off sling at 3 weeks
- Gradually introduce more active ROM exercises
- Strengthen rotator cuff and scapula muscles
- Introduce open and closed kinetic chain exercises to increase proprioception

Weeks 6 +:

- Active shoulder movements **all** directions + should achieve full ROM by 8-12 weeks
- Manual therapy for capsular stretching if any stiffness.
- Resisted rehab if needed including eccentric biceps strengthening
- Introduce sports specific exercises as needed

******If patient has significant stiffness resistant to manual therapy at 3 months post-op then need urgent surgical consultation to assess need for arthroscopic capsular release******

Return to activity - guidelines

- Driving 6 weeks
- Swimming
 - Breast stroke 4 weeks
 - Front crawl 6 months
- Golf 6 weeks
- Contact sport **minimum** 2 months

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