

Gregory Galano, MD
www.gregorygalanomd.com
phone: 212-737-3301
fax: 212-734-0407
license #: 241830

Patient Name:

Date:

Date of Surgery:

**Shoulder Rehabilitation:
Shoulder biceps tenodesis / SLAP repair**

0-6 Weeks

Goals- allow healing of repaired labrum, initiate early protected and restricted ROM, minimize muscular atrophy, decrease pain/inflammation, gradually increase ROM, gradually improve strength

- Sling
- Passive and Active Assisted Flexion to 130°
- Passive and Active Assisted External Rotation to 30°
- Exercises:
 - No stretching 0-4 weeks
 - Pendulum exercises
 - Supine forward flexion with wand
 - Supine external rotation at neutral
 - Scapular shrugs/retraction
- Precautions
 - No IR behind back
 - No IR to 90° abduction
 - No horizontal adduction
 - No activities above head
 - Avoid ER in abduction
 - Caution to avoid excessive shoulder extension

6-12 Weeks

Goals- gradually restore range of motion, increase strength, improve neuromuscular control, enhance proprioception and kinesthesia, decrease pain and inflammation

- D/C Sling at 6 weeks
- Gradually improve ROM in all planes
- Increase ROM as tolerated, no limits
- Exercises:
 - Elevation in scapular plane
 - Wall slide
 - IR behind back to beltline (only start at 8 weeks PO)
 - Horizontal adduction reach (only start at 8 weeks PO)
 - ER at scapular plane

- Hands behind head (only start at 9 weeks PO)
- Overhead pulley
- Theraband: shrug, dynamic hug, W's, bicep curl, row
- Isometrics ER, IR, FLX, EXT, ABD
- Rhythmic stabilization for IR/ER, FLX/EXT
- Elbow and forearm exercises
- At 6 weeks: Side lying ER 0-30°, prone-row, prone ext to hip, standing forward flexion to 90°
- Dynamics: PRE 1-3lb as tolerated, side-lying scaption, prone T's, standing scaption, isotonic bicep curls, prone Y's
- Proprioception drills
- Scapulohumeral rhythm exercises
- Precautions
 - Gradual ROM for IR behind back, IR+ER to 90° abduction and horizontal adduction
 - No push-ups or pushing movements

12-20 Weeks

Goals- progress to full ROM, improve: strength, power, endurance, neuromuscular control, dynamic stability, scapular muscular strength

- Maintain full ROM
- Theraband exercises: add T's diagonal up and down, ER at 90°, IR at 90°
- Begin weight training
- Add machine resistance (limit ROM)
- Front pull downs
- Seated rows
- Seated bench press at (16 weeks PO)
- Ball on wall
- Pushup on unstable surface at 20 weeks
- Gradual return to recreational activities

20-28 Weeks

Goals- progressively increase activities to prepare patient for unrestricted functional return

- Weight training precautions
- Full ROM
- Plyometrics: rebounder throws arm at side, wall dribbles overhead, rebounder throws weighted ball, decelerations, wall dribbles at 90°, wall dribbles circles
- Interval sports programs can begin at 28-32 weeks
- Strength athletes can gradually resume training

DURATION: 2x/week x 6 weeks

Please send progress notes.

Physician's Signature: _____

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