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**Patient Name:**

**Date:**

**Date of Surgery:**

### **Arthroscopic SLAP Repair and Biceps Tenodesis Post-Op Protocol**

#### **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 pully
- 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

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**