GALLAND/KIRBY ISOLATED SLAP REPAIR
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 7

• Sling x 6 weeks – Even while sleeping
  – Place pillow under shoulder / arm while sleeping for comfort
• Hand squeezing exercises
• Elbow and wrist active motion (AROM) with shoulder in neutral position at side
• Supported pendulum exercises
• Shoulder shrugs / scapular retraction without resistance
• Ice pack

GOALS

• Pain control
• Protection

DAYS 7 – 14

• Continue sling x 6 weeks
• Continue appropriate previous exercises
• Full pendulum exercises
• Active assist motion (AAROM) supine with wand
  – Flexion to 90 degrees
  – Abduction to 60 degrees
  – ER to 15 degrees
  – IR to 45 degrees
• 1-2 Finger Isometrics x 6 (fist in box)
• Stationary bike (must wear sling)

GOAL

• AAROM Flexion to 90 degrees, Abduction to 60 degrees
WEEKS 2 – 4

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- AAROM supine with wand
  - Flexion to 120 degrees
  - Abduction to 90 degrees
  - ER to 30 degrees
  - IR to 60 degrees

**GOAL**

- AAROM Flexion to 120 degrees, Abduction to 90 degrees

WEEKS 4 – 6

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- AAROM (supine with wand, wall climbs)
  - Flexion to 150 degrees
  - Abduction to 120 degrees
  - ER to 50 degrees
  - IR to 60 degrees
- Push-up plus against the wall
- Treadmill – Walking progression program

**GOAL**

- AAROM Flexion to 150 degrees, Abduction to 120 degrees

WEEKS 6 – 9

- D/C Sling
- Continue appropriate previous exercises
- AAROM, AROM through full range
  - Begin pulleys prn
  - Wand behind back for IR
- Rotator cuff strengthening with Theraband
  - ER and IR arm at side with rolled towel in axilla
  - Flexion to 60 degrees
  - Abduction to 60 degrees
  - Scaption to 60 degrees
  - Extension to 30 degrees
- Standing rows with Theraband
- Resistive elbow / wrist exercises with light dumbbell
- Push-up progression – Wall
- Body Blade
- Ball on wall (arcs, alphabet)
- BAPS on hands
- UBE – Forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Pool walking / running – No UE resistive exercises

GOALS
- Full AROM
- 30 wall push-ups

WEEKS 9 – 12
- Continue appropriate previous exercises with increased resistance
- PROM / mobilization as needed to regain full ROM
- Seated row weight machine with light weight
- Push-up progression – Wall to table
- Ball toss with arm at side using light ball
- Treadmill – Running progression program
- Pool therapy – With UE resistance

GOAL
- Rotator cuff strength WNL

MONTHS 3 – 4
- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Weight training with light resistance (no overhead press, pull downs, lateral lifts)
- Push-up progression – Table to chair

GOALS
- Run 2 miles at easy pace
- 30 chair push-ups
MONTHS 4 – 6

• Continue appropriate previous exercises
• Push-ups, regular
• Sit-ups
• Gravitron – Pull-ups and dips
• Swimming
• Running progression to track
• Progressive weight training program
• Transition to home / gym program

GOAL

• Resume all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze

Elbow active range of motion

Pendulum

Shoulder Shrugs

Ice x 10-15min 2-3 x per day