

OSWESTRY POST OPERATIVE REHABILITATION GUIDELINE **ARTHROSCOPIC SLAP REPAIR**

Purpose

To repair the damaged origin of the long head of biceps. The lesion is a tear of the superior labrum, anterior and posterior to the long head of biceps.

Case Profile

Patients with pain from a lesion of the insertion of LHB into to superior glenoid tubercle and ant/post labrum.

Associated Procedures

Arthroscopic assessment of gleno humeral joint
Repair of any associated Bankart lesion

Post Operative Protocol Summary

Wean off sling over first 3/52 as comfortable

1- 3/52 AAROM no restrictions in range but do not overstretch into resistance

Avoid loaded/resisted elbow flexion 6/52

Avoid positions that stress the repair – consider EOR ER or ABD/ER positions during first 12 weeks.

Post Operative Treatment

Day 1 – 3 Weeks

- In the first phase of rehabilitation the protocol is based on maintaining integrity of repair and scapular stabilisation **NOT** ROM or Strengthening
- Elbow, wrist and hand exercises
- Postural awareness and scapula setting
- AAROM all directions as comfortable, no restrictions
- Core stability exercises as appropriate
- Gravity minimised exercises
- No resistance exercises
- Wean off sling over first 3/52
- Level 1 exercises

3 – 6 Weeks

- Progress through active assisted to active glenohumeral joint ROM
- Level 2 exercises as appropriate (no biceps)
- Proprioceptive exercises through open and closed chain
- Scapula stabilisation programme
- Posterior complex stretching
- Scar tissue management

6 - 12 Weeks

- Regain scapula and gleno humeral stability for shoulder joint control gradually progressing into range
- Commence Level 3 exs
- Progressive resistance exs biceps
- Progress core stability
- Treat any posterior capsule tightness
- Sport/ occupation specific rehab
- Progress open chain sensorimotor rehab
- > 12 weeks Abduction/ external rotation control/ throwing, ballistics/ plyometrics

The emphasis in patients who quickly demonstrate full AROM should be on dynamic control.

MILESTONES	
6/52	Full AROM shoulder and elbow
12/52	Normal movement pattern through range with dynamic scapula stability.

FUNCTIONAL ACTIVITIES	
Return to work- Sedentary	2/52
- Manual	6/12 – 12/12
Driving	3 - 6/52
Swimming - Breaststroke	6/52
- Freestyle	6/12
Contact sport	3/12 – 6/12 sport dependant
Golf	3/12
Lifting - Light	6/52
- Heavy	12/52

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Review Date : June 2021

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