



Physiotherapy Department

Superior Labrum Anterior Posterior (SLAP) Repair Post Operative Information

The Operation

The surgery is performed to repair the damaged origin of the long head of biceps tendon and its attachment to the ring of cartilage known as the superior labrum back to the socket.

Pain Relief

The anaesthetist will discuss which type of anaesthetic is best for you. Interscalene Blocks (ISB) are commonly used which will numb the arm and may last for 12-24 hours. You will also be given painkillers before the nerve block wears off which you will take home. It is important to take regular painkillers following your surgery to prevent unpleasant pain or limitations when doing your exercises as prescribed by your Physiotherapist.

Surgical Wound

Keyhole/Arthroscopic: You will have several small cuts, which will be covered with dressings. Before you leave hospital check with the nursing staff for instructions and spare dressings.

Sling

You will wake up from surgery wearing a sling. You will need to wear the sling for up to three weeks. You will be guided on further use by your Consultant or Physiotherapist. You should **remove your sling** for washing and dressing and doing the exercises as prescribed your Physiotherapist, but should wear your sling at all other times including night time.



It is more comfortable to wear your sling on top of your clothes.

1. Place your forearm in the trough and fasten the two Velcro straps over the top, one approximately one inch below your elbow and the other strap with the D rings one inch above your wrist.
2. Place the long strap over your opposite shoulder and feed the end through the top D shape ring on the strap above the wrist.
3. Attach the shoulder strap back onto itself so the elbow is held at a right angle.

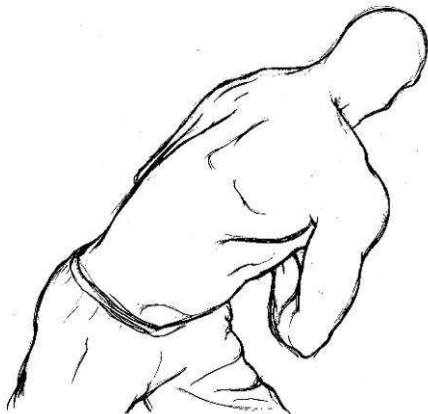
Physiotherapy

Following a SLAP repair it is important to let the tendon and labrum heal therefore it is important not to lift your arm or carry heavy objects.

However, there are a set of exercises that you must follow in order to allow the repair to heal in a good strong position and these exercises will be prescribed by your Physiotherapist before or after your operation.

Active exercises fingers, hand and elbow

- a) Bend and straighten your fingers, making a tight fist and relaxing. Repeat.
- b) Move your wrist up and down and side to side. Repeat.
- c) Place your forearm on a table keeping your elbow still, turn your palm up and down. Repeat.
- d) Bend and fully straighten your elbow. Repeat.



Shoulder Dips

With your arm in the sling bend your shoulder girdle forwards and towards your opposite hip rotating in your trunk. Take care not to over bend and hurt your back. Return to the starting position. Repeat.

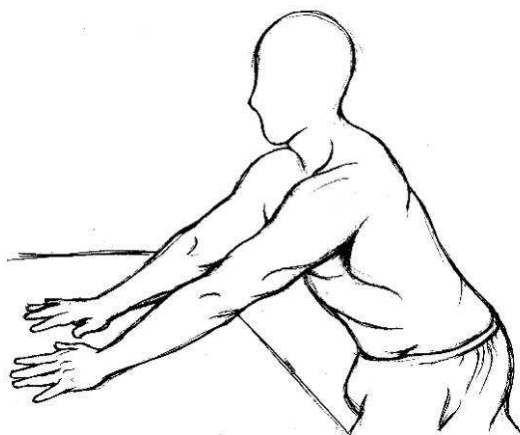


Table Slides

Standing at a table or kitchen surface place your hands on a towel or duster. Slide your hands forwards making sure you keep your chest up. Stretch your arms as far as you feel comfortable then return to the starting position. Repeat.

Static Muscle Contractions

Keeping your arm by your side with your elbow bent to a right angle, place your un-operated hand on the inside of your operated forearm. Gently push your forearm against your hand, hold for five seconds and relax. You should feel the muscles around your shoulder gently tense but your arm should not be moving.

Place your un-operated hand on the outside of your forearm and repeat as above.

Make sure you are only pushing gently and NOT as hard as you can.

It is important to start these exercises as soon as you are discharged home and perform the exercises every two to three hours within comfortable limits. The important aspect of exercising is to ensure you perform the exercises regularly but don't overdo it to cause more pain or discomfort. Find a level that is right for you.

Frequently Asked Questions

How do I have a wash?

Remove your sling and rest your arm onto your stomach. Using your un-operated hand, wash under your armpit **without** lifting your operated arm away from your body. If you get your sling wet support your arm on your stomach or with your un-operated arm until it is dry. Make sure you keep your surgical wounds dry and protected whilst washing.

How do I get dressed/undressed?

1. Place your arm by your side.
2. Always dress your operated arm first by sliding your arm through the sleeve using your un-operated arm. Make sure you do not lift your operated arm away from your body.
3. Once your operated arm is fully in the sleeve then pass the garment around your back and put your other arm in.

When can I return to certain activities?

The following are guidelines only and need to be confirmed with your Consultant or Physiotherapist.

Driving	6 Weeks
Swimming	Breaststroke from 4-6 weeks / Freestyle from 8-12 weeks
Golf	From 8-12 weeks
Lifting	Avoid heavy lifting for 3 Months
Return to work	Sedentary job as tolerated Manual job 8-12 weeks, consult with Surgeon / Physiotherapist

Physiotherapy Department
Trafford General Hospital
Moorside road
Trafford
M41 5SL
0161 746 2525
Opening hours:- Mon-Fri 8.30am-4.30pm

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Orthopaedic Physiotherapy Team
www.trafford.nhs.uk

閣下如希望這傳單得到翻譯，請致電 0161 746 2019 聯絡塞福特病者諮詢及連絡服務

للحصول على ترجمة لهذه النشرة نرجو الاتصال بخدمات مرضى ترافورد على الرقم : 01617462019

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