

SLAP Repair Rehabilitation Protocol
 By James L Chen, MD

Phase	Time	Exercises/Activities/RESTRICTIONS	Goals
Early Post operation	0-2 weeks	Rest, ice to affected shoulder Continue sling at all times except for bathing <u>Physical Therapy</u> Passive forward flexion to 120° Passive external rotation to 30° Scapula isokinetics Pendulum exercises Avoid active elevation of arm Avoid lifting of objects in arm	Pain and swelling control Begin passive motion program
Phase I	2-6 weeks	Sling at all times except bathing Wear sling to sleep <u>Physical Therapy</u> Passive forward flexion to 120° Passive external rotation to 30° Scapula isokinetics Pendulum exercises Avoid active elevation of arm Avoid lifting of objects in arm	Healing of repair Restoration of passive ROM
Phase II	6-12 wks	Discontinue sling <u>Physical Therapy Phase II</u> Modalities for pain control Passive/Active ROM Biceps/Triceps strengthening Scapular stabilization program Rotator cuff program when FF > 90° and abduction > 90° Pulleys OK Pool therapy for ROM Teach home program	Full ROM Beginning rotator cuff strengthening program
Phase III	12-18 wks	<u>Continue with aggressive PT</u> Modalities for pain control Passive/Active ROM Biceps/Triceps strengthening Scapular stabilization program Rotator cuff program with weights Pulleys OK Pool therapy for ROM Teach home program	Full ROM Strength to 90% compared to other side
Phase IV	>18 wks	Advance to sport specific activities	Return to sport specific activities

SHOULDER EXERCISES FOR POST-OPERATIVE PHASE I

Perform these exercises for 30 repetitions each 3 to 5 times per day

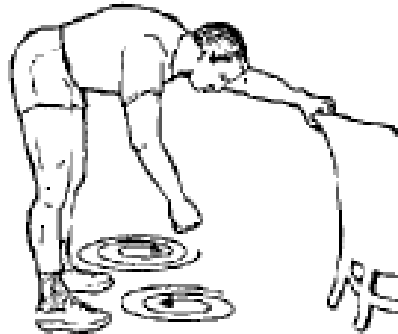
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



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

