
Arthroscopic SLAP Repair Steadman Hawkins Protocol

Phase 0- QUIET

Sling for 4 weeks

Week 0-2

Elbow/Wrist/Hand Only

Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – PASSIVE

Pendulums to warm-up

Passive ROM

Week 2

Supine External Rotation – 0° to 30°

Supine Forward Elevation - 0° to 90°

Internal Rotation – therapist assisted (not behind the back)

Initial Core Program/Scapular Stabilization

Phase 2 – ACTIVE

Pendulums to warm-up

Active ROM with passive stretch to prescribed limits

Week 6

Supine→Seated Forward Elevation – gradually increase to full by week 12

Supine→Seated External Rotation - gradually increase to full by week 12

Internal Rotation – Full

Scapular Stabilization/Core Program

Phase 3 – RESISTED

Pendulums to warm-up and continue with phase 2

Week 8-10

Full PROM (Begin IR behind the back)

External and Internal Rotation

Standing forward punch

Seated Rows/Shoulder Shrugs



Bicep Curls/Bear Hugs

Progress Core and Scapular stabilization programs

Weight Training

Week 12

Keep hands withing eyesight, Keep elbows bent

Minimize overhead activities

(No Military press, pull downs behind head, or wide grip bench)

Return to Activities

Computer

4 weeks

Golf

8 weeks

Tennis

10 weeks

Contact Sports

4 months