



Arthroscopic SLAP Repair Protocol

PHASE I (0 to 4 weeks)

- Shoulder sling: Wear for 1 week. May remove for dressing, hygiene and tabletop use of hand/wrist/elbow
- Exercises: Pendulum (2-3 x/day), elbow ROM
- Start physical therapy no later than 1 week post-op
- Progress ROM as tolerated. Avoid Abd/ER for 6 weeks post-op to prevent peel-back effect.
- No resisted elbow flexion or humeral head depression for 6 weeks post-op

PHASE II (4-8 weeks)

- P/AAROM/AROM program: 1-2x/day until full active and passive ROM

GOAL: Full AROM at 6-8 weeks post-op

- Strengthening: Isotonic exercises per shoulder exercise sheet
 - Perform once per day, 4 days per week
 - All exercises pain-free ROM only!
 - Utilize free weights only except Thera-Band with internal rotation by side of body
 - High repetitions, low resistance
 - Repetitions: 20-40 before adding/progressing weights
 - Start against gravity only - progress as tolerated to:
 - 2 oz. (butter knife)
 - 4 oz. (tuna can)
 - 8 oz. (soup can)
 - 1# weight
 - 2# weight, etc.

GOAL: Thrower/Pitcher: 5-8% of body weights x 50 reps

General Rehab Candidate: 2-3% of body weight x 50 reps

PHASE III (3-6 months)

- Overhead lifting/traction (pull-ups) as tolerated at 4 months
- Throwing activity: Start 4 months post-op. Full throwing status at 6-8 months
- Contact sporting activities: Can start at 6 months post op
- Weight lifting activities: No push-up, pull-ups, or dips until 5 months post-op