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Patient Name:

Date of Surgery:

Arthroscopic SLAP repair Protocol

Weeks 0-2:

- Sling at all times except for therapy and showering
- AAROM Supine FF to tolerance
- NO Active ER, Extension, or Abduction
- PROM:
 - With arm in scapular plane and 40° abduction
 - ER to 15
 - IR to 45
- Pendulums
- IR behind the back
- Scapular retraction exercises
- Ball squeezes
- AROM elbow and wrist

Weeks 3-4:

- Same as above
- Passive abduction to 80°
- With arm in scapular plane and 40° abduction
 - ER to 30
 - IR to 60

Weeks 5-7:

- D/C sling
 - Avoid carrying more than 5 pounds with operative hand
- AROM okay in all planes
- Progress FF to tolerance
- Progress ER

- ER to 45° at 90° abduction

Weeks 8-12:

- Normalize ROM
- ER to 90 at 90
- Hands behind head at Week 9
- Light Strenghening with theraband (pain-free)
 - Rotator cuff exercises (IR, ER, FF, FULL-can)
 - Shoulder shrug
 - W's
 - Forward punch
 - Dynamic hug
- Theraband biceps curls at week 9
- Theraband seated rows at week 11

Weeks 12-16:

- Continue stretching
- Theraband diagonal up/down
- Sports specific drills
- Plyometrics
- Weight training okay
 - NO behind-the-back pulls or presses
 - NO triceps extensions Overhead
 - NO standing lateral deltoid raises
 - Prone or bent over lateral raises okay
 - Bench press only with grip at shoulder width (not too wide, not too narrow)
 - Dips: Elbow to 90 degrees only, never past 90
 - Chest flys: Never with arms straight, elbows should be bent
 - Pec Dec: Elbows should be in front of chin at all times, never behind

Weeks 17+:

- Return to sport per MD