

ARTHROSCOPIC SLAP REPAIR REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

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	RANGE OF MOTION	SLING/CRADLE	THERAPEUTIC EXERCISE
PHASE I 0-4 weeks	Active/active-assisted: stretch to 40° of external rotation, 120° of forward flexion, internal rotation to stomach, abduction to 45° NO cross-body adduction	Worn at all times when standing. Remove for washing, therapeutic exercise. May remove for sleep after first few days	Elbow/wrist/hand ROM, grip strengthening, isometric in sling, external/internal rotation exercises with elbow at side No terminal elbow extension, resisted forward flexion or active biceps until 6 weeks post-op
PHASE II 4-8 weeks	Increase external rotation to 60° at side, forward flexion to 140°, internal rotation behind back to waist, abduction 60°	None	Advance isometrics in phase I to use of a theraband, continue with elbow/wrist/hand ROM and grip strengthening, begin prone extensions and scapular stabilizing exercises, gentle joint mobs Modalities prn
PHASE III 8-12 weeks	Progress to full active motion without discomfort Gentle passive stretching at end ranges	None	Advance theraband exercises to use of weights, continue with and progress exercises

PHASE IV Full without discomfort None
 12 weeks
 – 6
 months*

in phase II
 Include RTC, deltoid, and
 scapular stabilizers

Advance exercises in
 phase III, begin
 functional progression
 to work/sport, return to
 previous activity level**
 Begin upper body
 ergometer,
 proprioception,
 plyometrics
 Return to throwing at 4-
 6 months; Return to
 contact or aggressive
 sport 4-6 mos