

Physical Therapy Protocol Following SLAP Repair

Shoulder Immobilizer: 4 weeks (Sleep Included)

Post-Op Weeks 0-2:

Goals:

1. Minimize swelling and pain
2. Protect repair
3. Gradual increase in ROM

Exercises:

1. Elbow and wrist ROM (NO resisted biceps exercises for 12 weeks)
2. Ball squeezes
3. ROM limits to: Flexion (90°), Abduction (45°), ER (0°), IR (15°) in scapular plane
 - * All passive
 - * No terminal stretching
4. Begin pain-free submaximal isometrics in sling (flex/ext/abd/add/IR/ER)
5. Pendulums

Post-Op Weeks 2-4:

Goals:

1. Minimize pain and inflammation
2. Enhance upper extremity strength
3. Gradually increase ROM

Exercises:

1. ROM limits to: Flexion (90°), Abduction (90°), ER (0°), IR (20°), Extension (15°)
 - * All passive - (ONLY flexion and ER/IR in scapular plane; AAROM)
2. Begin AAROM exercises standing or supine with wand/stick, wall walks
3. Scapular mobility

Post-Op Weeks 4-6:

Goals:

1. Gradually increase ROM

Exercises:

1. Increase PROM
2. Begin light Thera band exercises with elbow at neutral
3. Begin UBE for endurance
4. Begin supine rhythmic stabilizations at 90°

Post-Op Weeks 6-8:

Goals:

1. Full PROM and begin achieving AROM
2. Full, painless PROM/AROM in forward flexion and IR
3. 30⁰ of ER

Exercises:

1. Progress UBE for endurance
2. Begin working on AROM to achieve:
*Full forward elevation, ER to 30⁰, full IR

Post-Op Weeks 8-12:

Goals:

1. ER to 45⁰
2. AROM to PROM parameters

Exercises:

1. PROM/AROM
*Full forward flexion
*Full IR
*45⁰ of ER
2. Begin posterior capsular stretching (cross arm stretch and side lying IR)
3. Increase active/passive ER at the side to full by 8 weeks
4. Initiate strengthening program as follows:
*Initiate forward flexion, scaption and empty can
*Initiate side lying ER and triceps strengthening
*Prone abduction with ER
*Shoulder shrugs with resistance
*Shoulder retractions with resistance
*Prone rows
*May begin IR and ER in the 90/90 position

Post-Op Months 3-6:

Goals:

1. Full, painless PROM and AROM in all planes
2. Progress with strengthening
3. Begin gradual return to functional activities
4. Return to overhead sport and contact activities at 6 months

Exercises:

1. Continue with passive stretching PRN to maintain full PROM
2. Progress with strengthening, increasing resistance and repetitions
3. May initiate bench press, military press, and lat pull-downs
4. Initiate and advance a light biceps strengthening program
5. Initiate light plyometric drills at 12-16 weeks
6. Initiate a throwing program at 16-20 weeks
7. Initiate sport specific drills at 16-20 weeks

Criteria for release to sport(s):

1. ROM is symmetric and painless
2. Strength is 90% of contralateral side
3. Completion of throwing program (if applicable)