**SLAP Repair Rehabilitation Protocol**

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| Phase | Time | Exercises/Activities/RESTRICTIONS | Goals |
| Early Post operation | 0-2 weeks | Rest, ice to affected shoulder  Continue sling at all times except for bathing  Physical Therapy  Passive forward flexion to 120°  Passive external rotation to 30°  Scapula isokinetics  Pendulum exercises  **Avoid active elevation of arm**  **Avoid lifting of objects in arm** | Pain and swelling control  Begin passive motion program |
| Phase I | 2-6 weeks | **Sling at all times except bathing or PT**  **Wear sling to sleep**    Physical Therapy  Passive forward flexion to 120°  Passive external rotation to 30°  Scapula isokinetics  Pendulum exercises  **Avoid active elevation of arm**  **Avoid lifting of objects in arm** | Healing of repair  Restoration of passive ROM |
| Phase II | 6-12 wks | Discontinue sling    Physical Therapy Phase II  Modalities for pain control  Passive/Active ROM  Biceps/Triceps strengthening  Scapular stabilization program  Rotator cuff program when FF > 90° and abduction > 90°  Pulleys OK  Pool therapy for ROM  Teach home program | Full ROM  Beginning rotator cuff strengthening program |
| Phase III | 12-18 wks | Continue with aggressive PT  Modalities for pain control  Passive/Active ROM  Biceps/Triceps strengthening  Scapular stabilization program  Rotator cuff program with weights  Pulleys OK  Pool therapy for ROM  Teach home program | Full ROM  Strength to 90% compared to other side |
| Phase IV | ˃18 wks | Advance to sport specific activities | Return to sport specific activities |

**SHOULDER EXERCISES FOR POST-OPERATIVE PHASE I**

**Perform these exercises for 30 repetitions each 3 to 5 times per day**

