

SLAP Repair Rehabilitation Protocol

Weeks 0 to 6: Protective Phase

Sling: At all times

ROM Goals:

Forward Flexion: Passive, Protected and progressed 90 degrees

External Rotation: Passive, Protected and progressed 0 degrees

Therapeutic Exercises:

Strengthening: *No biceps contraction allowed

Isometrics: Submaximal rotator cuff isometrics

Isotonics: Periscapular

Weeks 6 to 12: Active ROM

Sling: Weaned

ROM Goals:

Forward Flexion: Progressed to full

Internal Rotation: Progressed to full

External Rotation: Progressed 65 degrees

Therapeutic Exercises:

Strengthening: *No biceps contraction allowed

Isometrics: Maximal rotator cuff isometrics

Isotonics: Periscapular, core strengthening

Weeks 6 to 12: Advanced Strengthening Phase

ROM Goals: Progressed to full

Therapeutic Exercises:

Strengthening: Gentle biceps contraction allowed, advanced scapular stabilization

Isotonics: Isotonics in functional ranges, integrate scapular stabilization and core strengthening

Weeks 16+: Function/Sports Return Phase

ROM Goals: Full, pain free

Therapeutic Exercises:

Strengthening: Sports specific, plyometrics, advanced core integration

Note: Return to sport based on provider team input and appropriate testing.

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.

Most sports, except throwing / overhead sports or contact / collision / falling can begin at 4 months.

Sports that include throwing / overhead sports or contact / collision / falling are postponed until 6 months post op.