



## Arthroscopic SLAP Repair REHAB Protocol

### PHASE I: Immediate Post Surgical Phase/“Protected Motion” (Day 1-Week 6)

#### Goals:

Protect the anatomic repair  
Prevent/minimize the side effects of immobilization  
Promote dynamic stability  
Diminished pain and inflammation

#### POD 1 – WEEK 2

Sling for 6 weeks postoperatively  
Sleep in sling for 6 weeks postoperatively  
Wrist/hand active range of motion and active assisted range of motion (AROM/AAROM)  
Hand-gripping exercises  
PROM/AAROM:  
Flexion and elevation in the plane of the scapula to 60° (week 2-flexion to 75°)  
External rotation (ER)/ internal rotation (IR) with arm in the scapula plane  
ER to 10°-15°  
IR to 45°  
No active range of motion with external rotation, extension, or abduction  
Submaximal isometrics for all rotator cuff, periscapular and shoulder musculature  
No isolated biceps contraction (i.e.-no active elbow flexion)  
Cryotherapy and modalities as indicated

#### WEEKS 3-4

Discontinue use of sling at 6 weeks postop  
Continue gentle PROM/AAROM exercises (rate of progression based on patient’s tolerance)  
Flexion and elevation in the plane of the scapula to 90°  
Abduction to 75-85°  
ER in scapular plane to 25-30°  
IR in scapular plane to 55-60°  
No AROM ER, extension or elevation  
Initiate rhythmic stabilization drills with the above ROM  
Initiate proprioceptive training within above ROM  
Progress isometrics as above  
Continues to cryotherapy and modalities as indicated

#### WEEKS 5-6

Begin AAROM of the shoulder (all planes, gravity eliminated positions than gravity resisted position once adequate mechanics)  
Gradually improve PROM and AROM  
Flexion and elevation in the plane of the scapula to 145°  
Abduction to 90°  
External rotation 45°-50° at 45° abduction  
Internal rotation 55°-60° at 45° abduction  
Extension to tolerance  
May initiate gentle stretching exercises  
Gentle Proprioceptive Neuromuscular Facilitation (PNF)  
Initiate prone exercise program for periscapular musculature  
Begin AROM elbow flexion and extension  
NO biceps strengthening

### PHASE II: Intermediate Phase – Moderate Protection Phase (Weeks 7-14)

#### Goals:

Gradual restore full AROM and PROM  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance

#### WEEKS 7-9

Gradually progress PROM and AROM  
Flexion and elevation in the plane of the scapular to 180°  
Abduction to 90° until 8 weeks and gradually increase to full  
External rotation 90°-95° at 90° of abduction  
Internal rotation 70°-75° at 90° of abduction  
Extension to tolerance  
Begin isotonic rotator cuff, periscapular and shoulder-strengthening program  
Continued PNF strengthening  
Type II repairs: Begin submaximal pain-free biceps isometrics  
Type IV and complex repairs: Continue AROM elbow flexion and extension, no biceps isometric or isotonic strengthening

#### WEEKS 10-12

Progress ER PROM/AROM to thrower’s motion  
ER 110-115° 90° abduction in throwers (week 10-12)  
Progress shoulder isotonic strengthening exercises as above  
Continue all stretching exercises as needed to maintain ROM  
Progress ROM to functional demands (i.e.-overhead athlete)  
Type II repairs: begin gentle resisted biceps isotonic strengthening at week 12  
Type IV and complex repairs: begin gentle submaximal pain-free biceps isometrics



### **PHASE III: Minimal Protection Phase (Weeks 14-20)**

#### ***Criteria for progression to Phase III:***

Full non-painful range of motion  
good stability  
muscular strength 4/5 or better  
no pain or tenderness

#### ***Goals:***

Establish and maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional exercises

#### **WEEKS 14-16**

Continue all stretching exercises (scapular stretches)  
Maintain thrower's motion (especially ER)  
Continue rotator cuff, periscapular and shoulder strengthening exercises  
Type II repairs: progress isotonic biceps strengthening as appropriate  
Type IV and complex repairs: progress to isotonic biceps strengthening as appropriate  
PNF manual resistance  
Endurance training  
Initiate light plyometric program  
Restricted sports activities (light swimming, half golf swings)

#### **WEEKS 16-20**

Continue all exercises listed above  
Continue all stretching  
Continue plyometric program  
Initiate interval sports program (i.e. throwing)

### **PHASE IV: Advanced Strengthening Phase (Weeks 20-26)**

#### ***Criteria for progression to Phase IV:***

Full non-painful ROM  
satisfactory static stability  
muscular strength 75-80% of contralateral side  
no pain or tenderness

#### ***Goals:***

Enhance muscular strength, power and endurance  
Progress functional activities  
Maintain shoulder stability

#### **WEEKS 20-26**

Continue flexibility exercises  
Continue isotonic strengthening program  
PNF manual resistance patterns  
Plyometric strengthening  
Progressive interval sports programs

### **PHASE V: Return to Activity Phase (Months 6-9)**

#### ***Goals:***

Gradually progress sport activities to unrestricted participation  
Continue stretching and strengthening program