

ARTHROSCOPIC SLAP REPAIR REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

	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

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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