

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

Arthroscopic SLAP Repair

Phase 1 (Weeks 0-4)

- Sling Immobilization:** At all times, (0* flexion, no to slight abduction, and 0* of rotation; “gunslinger” type), except for showering and rehab
- Range of Motion:**
 - Restrict motion to 140 degrees of forward flexion, 40 degrees of ER and IR to stomach
 - No Internal Rotation up the back/No External Rotation behind the head
- Therapeutic Exercises:**
 - Elbow/wrist/hand range of motion
 - Grip strengthening
 - Isometric Abduction, Internal/External Rotation exercises with elbow at side
 - No resisted Forward Flexion/Elbow Flexion (to avoid stressing the biceps origin)
- Modalities:** PRN, ice/heat

Phase 2 (Weeks 4-6)

- Sling Immobilization:** discontinue
- Range of Motion:**
 - Increase to full motion as tolerated
- Therapeutic Exercises:**
 - Continue with Phase 1 exercises0 advance isometrics to use of TheraBand with AROM limitations
 - Continue with Wrist/Hand Range of Motion and Grip Strengthening
 - Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
 - Gentle joint mobilization
- Modalities:** PRN, per PT discretion

Phase 3 (Weeks 6-12)

- Range of Motion:**
 - Progress to full AROM without discomfort (Gradual restoration of full IR)
- Therapeutic Exercise:**
 - Advance Phase II exercises to light weights (1-5 bs)
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
- Modalities:** Per PT discretion

Phase 4 (Months -6)

- Range of motion:**
 - Full without discomfort
- Therapeutic Exercises:**
 - Continue with advanced strengthening(strengthening 3x per week)
 - Sport/work specific rehabilitation
 - Return to graduated throwing program at 4.5-5 months
 - Return to sports at 6 months if approved by MD