



Postoperative SLAP Repair Protocol

Phase I – Immediate Postoperative Phase “Restrictive Motion” (Week 0 - Week 6)

Goals: Protect the anatomic repair

Prevent negative effects of immobilization
Promote dynamic stability
Diminish pain and inflammation

Week 0-2: Sling for 6 weeks

Sleep in immobilizer for 6 weeks
Elbow/hand ROM
Hand gripping exercises
Passive ROM exercises

Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
Elevation in scapular plane to 60 degrees
ER/IR with arm in scapular plane less than 30 degrees
ER with arm at the side to 0 degrees
IR to 45 degrees

****NO active Motion**

Cryotherapy, modalities as indicated

Week 3-4: Keep using sling (including when sleeping) until 6 weeks post-op (after seeing Dr. Hettrich)

Continue gentle Passive or Active Assist:

Forward Elevation to 90 degrees by week 4
ER in the scapular plane at 30° abduction to 30 degrees
IR in scapular plane at 30° abduction to 40 degrees

****NOTE:** Rate of progression based on evaluation of the patient.

No Active Motion

Initiate proprioception training
Continue use of cryotherapy

Week 5: Gradually improve ROM (OK to start AROM at week 6)

ER at 45 degrees abduction to 45 degrees
IR at 45 degrees abduction to 45 degrees

Week 6: Initiate Active Shoulder Abduction (without resistance)

Initiate “Full Can” Exercise (Weight of Arm)
Initiate Prone Rowing, Prone Horizontal Abduction
Flexion to 145 degrees at week 6

Phase II – Intermediate Phase: Moderate Protection Phase (Week 7 - 12)

Goals: Gradually restore full ROM (by week 12)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Week 7-9: Gradually progress ROM:
Flexion to 160 degrees at week 9
ER at 90 degrees abduction: 60 degrees
IR at 90 degrees abduction: 60 degrees

Week 10-12: Full AROM allowed in all directions
ER at 90 degrees abduction to 90 degrees
Start isometric strengthening exercises
Continue all stretching exercises

Phase III – Minimal Protection Phase (Week 12O 20)

Goals: Establish and maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to enter Phase III:

Full, non-painful ROM
Satisfactory stability
Muscular strength (good grade or better)
No pain or tenderness

Week 12-16: Continue all stretching exercises (capsular stretches)
Continue isometric strengthening exercises
Begin isotonic strengthening program including biceps
Begin PNF strengthening
Initiate Throwers Ten Program

Week 16-20: Continue all exercise listed above
Continue all stretching
Continue Throwers Ten Program
Continue Plyometric Program
Initiate interval sport program (throwing, etc)
Endurance training
Initiate light plyometric program
Restricted sport activities (light swimming, half golf swings)

Phase IV – Advanced Strengthening Phase (Week 20 - 26)

Goals: Enhanced muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter Phase IV:

Full non-- painful ROM
Satisfactory static stability
Muscular strength 75-- 80% of contralateral side
No pain or tenderness

*Dr. Hettrich will clear to sports or manual labor based on functional testing.

Week 20-- 26: Continue flexibility exercises
Continue isotonic strengthening program
PNF manual resistance patterns
Plyometric strengthening
Progress interval sport programs

Phase V – Return to Activity Phase (Month 6 to 9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to enter Phase V:

Full functional ROM
Muscular performance isokinetic (fulfills criteria)
Satisfactory shoulder stability
No pain or tenderness