

## **SLAP Repair Protocol**

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Procedure** \_\_\_\_\_

**Procedure Date** \_\_\_\_\_

**Frequency** 1 2 3 4 5 times/week **Duration** 1 2 3 4 5 6 weeks

### **Weeks 0-1:**

- Patient to do home exercises given to the post-op (posturing, pendulums, grip strengthening)
- Sling x 4 weeks

### **Weeks 1-4:**

- No IR up the back; No ER behind the head
- ROM goals: 90° FF/20° ER at side
- No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
- At 2 weeks begin gentle passive flex/ext of elbow (Patient must use contralateral hand to move elbow passively)
- Sling for 4 weeks
- Heat before/ice after PT sessions

### **Weeks 4-8:**

- DC sling
- Increase AAROM → AROM 140° FF/ 40° ER at side/ 60° ABD/ IR behind back to waist
- Gradually increase ER to full with arm next to body
- Strengthening (isometrics/light bands) within AROM limitations
- Also start strengthening scapular stabilizers (traps/rhomboids/levator scapula/etc)
- PRECAUTION: avoid impingement position
- Physical modalities per PT discretion

### **Weeks 8-12:**

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

**Months 3-12:**

- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 wks
- Begin 90/90 ER exercises at 12 weeks
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months
- Throw from pitcher's mound at 6 months with MD approval
- MMI is usually at 12 months

**Comments:****Teach HEP** \_\_\_\_\_**Modalities PRN**

**Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.**

**Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_