

**Superior Labral (SLAP) Repair Protocol**

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Diagnosis \_\_\_\_\_ Surgery Date \_\_\_\_\_

Frequency: 1 2 3 4 5 times/week      Duration: 1 2 3 4 5 6 weeks      Side: R / L

- Evaluate only       Provide home exercise program (HEP)
- Evaluate and Treat

**PHASE 1:** Week 0-1:

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)

**PHASE 2:** Weeks 1-4:

- PROM only until 2 weeks post-op, then begin AAROM from 2-4 weeks
  - No IR up the back; No ER behind the head
- ROM goals: 120° forward elevation, 30° ER at side
- No resisted forward elevation or resisted biceps as to not stress the biceps anchor
- Can remove sling at 4 weeks
- Heat before and Ice after PT sessions

**PHASE 3:** Weeks 4-8:

- Begin AROM - Increase AROM to 140° forward elevation, 40° ER at side, 60° abduction, IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations
- Start strengthening scapular stabilizers (trapezius, rhomboids, levator scapulae)

**PHASE 4:** Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-10 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

**PHASE 5:** Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- 3 months - begin eccentrically resisted motions, plyometrics (for example, weighted ball toss), proprioception (for example, body blade), and closed chain exercises.
- 3 months - begin sports related rehab, including advanced conditioning
- 4 ½ months – begin interval throwing program
- 6 months – can throw from pitcher's mound
- MMI is usually between 6-9 months

Comments:

Modalities: \_\_\_ Per therapist \_\_\_ Electrical Stimulation \_\_\_ Ultrasound \_\_\_ Heat before/after \_\_\_ Ice before/after  
\_\_\_ Aquatherapy \_\_\_ Massage \_\_\_ Trigger points \_\_\_ ART (Active release techniques) Other \_\_\_\_\_

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