
Arthroscopic SLAP Repair

General

Sling and abduction pillow for four weeks
No active shoulder abduction or external rotation for four weeks

Phase I: Passive

Pendulums to warm-up
Passive range of motion only
Limit flexion and abduction to 90 degrees first four weeks
No combined abduction and external rotation

Week 3

Supine external rotation: Progress to 45 degrees
Supine forward elevation: Progress to 90 degrees
Internal rotation: Progress to 60 degrees
Supine abduction: Progress to 90 degrees

Phase II: Active

Pendulums to warm-up
Active range of motion with terminal stretch to prescribed limits

Week 5

Seated external rotation: Progress to full over next four weeks
Seated forward elevation: Progress to full over next four weeks

Phase III: Resisted

Week 8

Progress slowly and hold protocol for any pain flexion, abduction, external and internal rotation
Gradually progress combined abduction and external rotation
Standing forward punch
Shoulder shrugs
Begin bicep curls with light weight and elbow at side

Weight Training

Week 12

Progress rotator cuff and biceps strengthening

- Hold for any increase in pain

Begin throwing program
Keep hands within eyesight, keep elbows bent
Minimize overhead activities
(No military press, pull down behind head, wide grip bench)

Return to Activities

Computer: Two to four weeks
Tennis: 12 weeks
Contact sports: Four to six months