

---

## 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