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## SLAP Repair

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Phase 0: Quiet

- Sling for six weeks

### Phase I: Passive (Weeks 2 to 6)

#### Weeks 2 to 3

- Pendulums to warm-up
- Passive range of motion
- Supine to start and progress external rotation as tolerated
- Supine external rotation – 30 degrees
- Supine forward elevation – 90 degrees
- No internal rotation

#### Weeks 4 to 6

- External rotation – full
- Forward elevation – full

### Phase II: Active (Weeks 6 to 7)

- Pendulums to warm-up
- Active range of motion with terminal stretch to prescribed limits
- Supine → seated external rotation – gradually increase to full by week 12
- Supine → seated forward elevation – gradually increase to full by week 12
- Internal rotation – full

### Phase III: Resisted (Week 8)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs

### Weight Training (Week 10)

- Avoid anterior capsular stress
- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- No military press, pull-down behind head or wide grip bench

### Return to Activities

- Computer: early weeks
- Golf: 12 weeks (chip and putt only)
- Throwing intervals: 16 weeks
- Tennis: 16 weeks (no overhead)
- Contact sports: 6 months