**Superior Labral Anterior Posterior (SLAP) Repair Rehabilitation Protocol**

**Please note that these are to be used only as guidelines.**

**All specifics regarding exercises and progression back to sports will be made on an individual basis by your treating providers.**

**Weeks 0 to 4: Protective Phase**

* **Sling:** At all times
* **ROM Goals: Forward Flexion:** Protected and progressed 140 degrees **Internal Rotation:** Protected and progressed 65 degrees **External Rotation:** Protected and progressed 30 degrees
* **Therapeutic Exercises: Strengthening:** \*No biceps contraction allowed **Isometrics:** Sub maximal rotator cuff isometrics **Isotonics:** Periscapular **Conditioning:** Stationary bike, light resistance. Sling use required for shoulder.

**Weeks 4 to 6: Early Strengthening**

* **Sling:** Weaned
* **ROM Goals: Forward Flexion:** Progressed to full **Internal Rotation:** Progressed to full **External Rotation:** Progressed 65 degrees
* **Therapeutic Exercises: Strengthening:** \*No biceps contraction allowed; lower body strength training closed chain activities allowed **Isometrics:** Maximal rotator cuff isometrics **Isotonics:** Periscapular, core strengthening **Conditioning:** Stationary bike

**Weeks 6 to 12: Advanced Strengthening Phase**

* **ROM Goals:** Progressed to full
* **Therapeutic Exercises: Strengthening:** Gentle biceps contraction allowed, advanced scapular stabilization; lower body strength training progressed **Isotonics:** Isotonics in functional ranges, integrate scapular stabilization and core strengthening **Proprioception:** diagonal patterns, ball on wall **Conditioning:** Stationary bike, elliptical

**Weeks 12 Plus: Function/Sports Return Phase**

* **ROM Goals:** Full, pain free
* **Therapeutic Exercises:**   **Strengthening:** Begin exercises in the 90/90 position, continue with core, scapula stability, and rotator cuff strengthening **Proprioception:** functional position training **Conditioning:** outdoor cycling, running with cutting, advanced plyometrics