

SLAP Repair

| | Phase I: Weeks 0-2 | Phase II: Weeks 2-4 | Phase III: Weeks 4-8 |
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| Weight-Bearing and Immobilization | <ul style="list-style-type: none"> • Sling with abduction pillow at all times except for dressing, hygiene, or during PT exercises • Non-weight-bearing | | <ul style="list-style-type: none"> • Wean from and discontinue sling • May begin non-repetitive non-resistive ADLs at chest level and below |
| Aerobic | <ul style="list-style-type: none"> • Stationary bike • Walking on flat ground | | |
| Range of Motion (ROM) | <ul style="list-style-type: none"> • Passive FF to 90° in scapular plane • Passive ER to neutral • Passive ABD to 45° • No IR behind back | <ul style="list-style-type: none"> • Passive FF to 140° in scapular plane • Passive ER to 20° • Passive ABD to 45° • No IR behind back | <ul style="list-style-type: none"> • Progress PROM to AAROM to AROM • Active FF to 150° • Active ER to 45° • Active ABD to 60° • Active IR to sacrum |
| Strengthening | <ul style="list-style-type: none"> • Pain-free, sub-maximal, deltoid isometrics in neutral rotation • No resisted forward flexion, elbow flexion, or supination | | <ul style="list-style-type: none"> • Scapular stabilizers • Isometrics and light bands while adhering to above ROM limitations • No resisted FF, elbow flexion, or supination until 6 weeks |
| Goals | <ul style="list-style-type: none"> • Pain control • Protect tissue healing • Minimize joint stiffness • Minimize muscle atrophy | | <ul style="list-style-type: none"> • Increase ROM • Increase strength |

| | Phase IV: Weeks 8-12 | Phase V: Weeks >12 |
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| Weight-Bearing and Immobilization | <ul style="list-style-type: none"> • May begin non-repetitive non-resistive ADLs at chest level and below | <ul style="list-style-type: none"> • WBAT |
| Aerobic | <ul style="list-style-type: none"> • May begin elliptical machine • May begin walk-jog-run program | <ul style="list-style-type: none"> • Continue walk-jog-run progression • May begin upper extremity ergometer, ergometer, and vertical climber • May begin advanced conditioning and sport-specific training |
| Range of Motion (ROM) | <ul style="list-style-type: none"> • Progress to full AROM • If ROM is lacking in any plane, may begin gentle passive stretching at end ranges of motion | <ul style="list-style-type: none"> • Continue to progress to full AROM • If ROM is lacking, continue gentle passive stretching at end ranges of motion |
| Strengthening | <ul style="list-style-type: none"> • Advance strengthening as tolerated • Progress from isometrics/bands to light lights (1-5 pounds, 8-12 repetitions, 2-3 sets) for rotator cuff, deltoid, and scapular stabilizers | <ul style="list-style-type: none"> • Begin eccentrically resisted motions, plyometric exercises, proprioceptive exercises, and closed chain exercises • Begin sport-specific exercises |
| Goals | <ul style="list-style-type: none"> • Full ROM • Increase strength | <ul style="list-style-type: none"> • Progress to full ROM if not yet achieved • Progress to full strength if not yet achieved |

| Throwing Athletes |
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| <ul style="list-style-type: none"> • May return to throwing 4.5 months (18 weeks) after surgery • May return to pitching from a mound 6 months (24 weeks) after surgery |