



## REHABILITATION GUIDELINES ARTHROSCOPIC SLAP REPAIR

### IMMEDIATE POST-OP

DOS:

Immobilized in sling for 4 weeks, **Codman's pendulum exercises only!**

### 4 WEEKS POST-OP

DATE:

Passive range of motion  
 Pendulums to warm-up  
 Active assist OK  
 Beginning with week 5 (1 x week)  
 -Begin supine / progress to upright  
 -Full elevation  
 -Internal rotation  
 -External rotation

### 6-7 WEEKS POST-OP

DATE:

Active range of motion with terminal stretch  
 Pendulums to warm-up  
 -Goal: Full in ALL planes ASAP  
 -Full elevation  
 -External rotation  
 -Internal rotation

### 8 WEEKS POST-OP

DATE:

Resisted ROM plus continue active ROM  
 Pendulums to warm up  
 -Resisted program  
 -No resisted elbow flexion until 8 weeks post-op.  
 -Forward flexion  
 -External rotation / Internal rotation  
 -Shrugs / Rows

### 10-12 WEEKS POST-OP

DATE:

Weight training  
 -No long lever-arm exercises  
 -No abducted positions  
 -No impingement position

### RETURN TO ACTIVITIES

-Computer	Whenever able
-Golf	12 Weeks
-Tennis	12-14 Weeks
-Contact Sports/Labor	4 months