

ARTHROSCOPIC SLAP REPAIR

(2/2015)

DR. LEVENE

First Four Weeks

- Immobilize in sling full time, including sleep; Remove for passive pendulums and stick assisted external rotation (ER)
- Scapular isometrics
- Active Range of Motion (AROM) elbow, wrist and hand

Second Month

- Wean out of sling
- AROM and gentle terminal stretch to progress motion to full in all planes
- Isometric rotator cuff strength in mid range
- Add theraband resisted exercise at 6 wks post op

Third Month

- Aggressive terminal stretching if needed to increase motion to full
- Include “sleeper stretch” if internal rotation deficit
- Progress through therabands and into light weight training
- Upper body ergometer
- Eliminate scapular substitution

Fourth Month

- Strength training progression
- Pushups OK
- Light ball toss for throwers

5th Through 6th

- Return to full sport or heavy labor (except dominant arm for thrower) at 4 months post-op
- Throwers gradually return to supervised progression in throwing program
- Pitcher’s may be able to compete at 6 months post op

