ARHTHROSCOPIC SLAP REPAIR
SHOULDER REHABILITATION
DR. BIENZ

IMMEDIATE POST-op, DOS:________________________

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

AFTER 4 WEEKS POST-op, BEGIN 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, BEGIN DATE:________________________

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

WEEK 8, BEGIN 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

WEEKS 10-12, BEGIN 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