

# ARTHROSCOPIC SLAP REPAIR SHOULDER REHABILITATION

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**IMMEDIATE POST-OP, DOS:** \_\_\_\_\_

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

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**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

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**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

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**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

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**WEEKS 10-12, BEGIN DATE:** \_\_\_\_\_

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

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## RETURN TO ACTIVITIES

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