



REHABILITATION GUIDELINES SLAP REPAIR

IMMEDIATELY POST-OP

DOS:

- AROM exercises of hand, wrist and elbow with isometric ER/IR, and deltoid exercises.
- Pendulum exercises, scap retraction/depression at week one.
- No biceps tension for 6 weeks post-op

2 WEEKS POST-OP

DATE:

- Initiate AROM and PROM in all planes except external rotation in abduction.
- Focus on activation of scapular control with scapulothoracic dissociation from scapulohumeral motion

4 WEEKS POST-OP

DATE:

- Progress PROM, emphasize end-range motion and posterior capsule stretching.
- Initiate light CKC activities

6 WEEKS POST-OP

DATE:

- External rotation in abduction is allowed, with continued stretching.
- Full AROM at 8 weeks
- Initiate strengthening program with Therabands and progress as tolerated (Deltoid, rotator cuff, scapular stabilizers, biceps, triceps).
- Progress CKC gradually to full WB'ing

8-10 WEEKS POST-OP

DATE:

- Initiate overhead strengthening as tol and with good scapulohumeral control
- Progress towards return to sport training gradually

Upper extremity sports allowed at three months, except for throwing which may begin at 4 months with a progressive program with MD release.