

## **SLAP REPAIR REHABILITATION PROTOCOL**

Patient:

Date of Surgery:

### 0 - 4 Weeks

- Pendulum exercises
- Elbow/hand/wrist exercises – passive elbow flexion only
- Sling when not performing pendulums
- \* No active biceps/elbow flexion for 4 weeks & No resisted biceps curls for 8 weeks

### 4 - 6 Weeks

- Stage I – Active Assisted ROM
- No ER in abducted position
- Wean Sling
- \* No resisted biceps curls for 8 weeks

### 6 - 8 Weeks

- Stage II – Active ROM
- No ER in abducted position > 45°

### 8 - 12 Weeks

- Stage III – Strengthening (therabands)
- Progress ER in abduction as tolerated to full

### 12 Weeks

- May begin weight training/gym
- Progressive return to physical work/job
- Interval throwing program at 16 weeks

### 6 - 7 Months

- Return to contact sports / unrestricted throwing

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL  
THANK YOU!**