IDAHO SPORTS MEDICINE INSTITUTE™

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SLAP Repair – Rehabilitation Guidelines

Exercise prescription and progression are general guidelines and are dependent upon the tissue healing process and ***individual*** functional readiness in ***all*** stages.

Phase 1: Protection of Repair 0 – 4 Weeks Post Op

Goals:
- Maintain proximal and distal strength and mobility
- Pain management
- Limit capsular tightness

Sling:
- Wear sling 24/7 for 0 – 2 weeks post op
- 2 – 4 weeks post op may be out of sling if sitting / around house

ROM Guidelines/Goals by 4 weeks post op:
- Flexion 120°, ABD 90°, ER 0°, IR 45°

Precautions:
- No ER past neutral
- No AROM until 4 weeks post op
- No 90°/90° ER / ABD until 6 – 8 weeks post op
- No biceps work

Treatment Strategies:
- Pendulums
- PROM and AAROM within ROM guidelines
- Early serratus work
- Manual scapular stabilization
- Joint mobs if indicated
- Sub-max isometrics

Phase 2: AROM and Beginning Strengthening 4 – 8 Weeks Post Op

Goals:
- Normal arthrokinematics
- Posterior shoulder flexibility
- Improved neuromuscular control and scapular stability
- Improved ROM

Sling:
- Wean out of sling

ROM Guidelines/Goals by 8 weeks post op:
- Flexion 160°, ABD 150°, ER 65° (scapular plane), IR at 90° to 45° (at 0° to FROM)

Precautions:
- No ER stretch beyond 90° at 90° ABD
- No ballistic work
- Caution with bicep work

Treatment Strategies:
- Begin AROM at 4 weeks post op
- AAROM within ROM guidelines
- Posterior shoulder stretches
- Light PRE's and isotonic exercises
- Rhythmic stabilization to end ROM
- Begin biceps PRE's at 6 weeks post op that use biceps as adjunct, at 8 weeks post op isolated

Phase 3: Advance Strengthening 8 – 14 Weeks Post Op

Goals:
- Normal ROM
- Normal scapulohumeral rhythm and strength
- Pain free overhead activity

Precautions:
- Careful with overhead and 90°/90° work
- No ballistic exercise/activity

ROM Guidelines:
- ROM within 10° of normal

Treatment Strategies:
- Sleeper Stretch
- Prone cuff/Blackburn
- Advanced isotonic PRE's with tubing
- Progress CKC exercises as tolerated
- Moderate overhead activity

Phase 4: Advanced Rehabilitation and Return to Sport 4 – 6 Months Post Op

Goals:
- Pain free FROM
- Dynamic stability
- Muscular endurance

Treatment Strategies:
- Advanced functional exercise
- Pre-throw exercises
- Throwing progressions and return to sport drills to be approved by MD