

Center for Athletic Medicine  
*Dr. Preston Wolin*  
SLAP Repair Protocol  
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~Please call 773.248.4150 with any and all questions~

I. Phase I - Immediate Post-Surgical Phase

Goals: Maintain Integrity of the Repair

Gradually Increase Passive Range of Motion

Diminish Pain and Inflammation

Prevent Muscular Inhibition

Post op Week 0 to 2:

- Sling
- Pendulum Exercises 4-8x daily (flexion, circles)
- Scapular retraction (No resistance)
- Active Assistive (AAROM)/Passive ROM
  - Flexion to 120 degrees
  - Abduction to 90
  - ER/IR in Scapular Plane
  - ER to 30 degrees
  - IR to 30 degrees
- Elbow/Hand Gripping & ROM Exercises
- Submaximal & Pain free Isometrics
  - Flexion
  - Abduction
  - External Rotation
  - Internal Rotation
  - Elbow Flexors
- Cryotherapy for Pain and Inflammation
  - Ice 15-20 minutes every hour
- Sleeping
  - Sleep in Sling
- NO ACTIVE ER OR ABDUCTION
- NO ISOLATED BICEP CONTRACTION

Post op Week 3 to 4:

- Discontinue Sling at Day 14 (sleep with sling till 4 weeks)
- UBE at Low resistance
- Continue with scapular retraction exercise (tubing)
- Bicep curls (No resistance)
- Glenohumeral Joint mobilization Grade I/II for Pain
- Continue Pendulum Exercises
- Progress Passive ROM to Tolerance
  - Flexion to 180 degrees
  - Abduction to 180 degrees
  - ER at 90 degrees abduction: 0 to 90 degrees

- IR at 90 degrees abduction: 0 to 70 degrees
- Active Assisted ROM Exercises (T-bar)
  - ER/IR in Scapular Plane
  - Flexion to Tolerance\*
- Continue Elbow/Hand ROM & Gripping Exercises
- Initiate Active Exercise Prone Rowing & Elbow Flexion
- Continue Isometrics (Home Exercise Program)
  - Flexion with Bent Elbow
  - Extension with Bent Elbow
  - Abduction with Bent Elbow
  - ER/IR with Arm in Scapular Plane
  - Elbow Flexion
  - May initiate ER/IR tubing at 0 degrees Abduction, if patient exhibits necessary AROM
- Patient should exhibit full passive range of motion, nearing full active range of motion
- Continue Use of Ice for Pain Control
- Continue Sleeping in Sling (0-4weeks)

Precautions:

1. No Lifting of Objects
2. No Excessive Shoulder Motion Behind Back
3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands

II. Phase II

Goals: Allow Healing of Soft Tissue

Do Not Overstress Healing Tissue

Gradually Restore Full Passive ROM (Week 3-4)

Re-Establish Dynamic Shoulder Stability

Decrease Pain & Inflammation

Full PROM by 6 weeks

Week 5-8:

- Patient should exhibit full passive range of motion
- Continue all exercises listed above
- Initiate Scapular Muscular Strengthening Program
  - Prone Thumbs up and down
  - Lower Traps
- Initiate Sidelying ER Strengthening (Light Dumbbell)
- Continue use of ice as needed
- May use pool for light ROM exercises
- Patient should exhibit full active range of motion
- Continue AAROM and Stretching exercises
- Progress Isotonic Strengthening Exercise Program (light Weights)
  - ER Tubing
  - Sidelying ER
  - Prone Rowing
  - Prone Horizontal Abduction

- Shoulder Flexion (Scapular Plane)
- Shoulder Abduction

**\*\*At week 6-8: If patient continues to have difficulties with full AROM\*\***

**\*\*May initiate prone shoulder flexion stretch 10 minutes\*\***

Precautions:

1. No Heavy Lifting of Objects
2. No Supporting of Body Weight by Hands & Arms
3. No Sudden Jerking Motions

III. Phase III

Post op Week 9 to 16:

- Progress with above exercises as tolerate
- Begin bicep Curls with weights
- Progress Shoulder Strengthening Exercises
- Start easy throwing program at week 12
- Theraband PRE's
  - Progress to heavier resistance
  - Pulling apart
    - Front
    - At shoulder level
    - Overhead
    - Behind
    - Shrugs
  - IR/ER
  - Middle and lower traps

Post op Week 17 to 24:

- Continue to progress with weights
- Continue to maintain strength
- Progress to interval sports program

V. Phase IV – Return to Activity (6 to 9 month)

Goals: Gradual Return to Strenuous Work Activities

Gradual Return to Recreational Sport Activities

- Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
- Continue Stretching, if motion is tight
- Continue Progression to Sport Participation

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11/18/03