SLAP REPAIR PROTOCOL

Date of Surgery: _____

Week 0-1: Patient to do Home Exercises (pendulums, elbow ROM, wrist ROM, grip strengthening)

Weeks 1-4:
- No IR up the back; No ER behind the head
- ROM goals: 90^0 FF/20^0 ER at side
- No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
- Sling for 4 weeks
- Heat before/ice after PT sessions

Weeks 4-8:
- D/C sling
- Increase AROM 140^0FF/ 40^0ER at side/ 60^0 ABD/ IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- Physical modalities per PT discretion

Weeks 8-12:
- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics bands light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

Months 3-12:
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 1/2 months
- Throw from pitcher's mound at 6 months

Modalities/Other: