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## **REHABILITATION PROTOCOL – SUPERIOR LABRAL (SLAP) REPAIR**

### **Phase I (0-4 weeks)**

ROM:

- Limit passive, AA, active FF to 140°
- Limit AA, active ER to 45°
- IR as tolerated

Sling:

- Weeks 0-2: Worn at all times; off for elbow ROM + pendulums
- Weeks 2-4: Worn during the day only; off for elbow ROM and PT

Exercises:

- Shoulder PROM; wrist/hand ROM; pendulums, wall stretches shoulder ROM (AA)
- ER/IR with shoulder adducted
- Add rotator cuff/deltoid isometrics, closed chain scapular strength at week 2

### **Phase II (4-8 weeks)**

ROM:

- As tolerated (goal is full PROM)
- Advance ER slowly as tolerated

Sling: None

Exercises:

- Continue as above
- Advance to therabands focus on rotator cuff
- Advance scapular stabilization program; prone extensions

### **Phase III (8-12 weeks)**

ROM: Full (goal is full AROM)

Sling: None

Exercises:

- Continue as above
- Advance eccentric strengthening as tolerated
- Progress therabands with increased resistance
- Focus on periscapular muscles, planks, pushups

### **Phase III (12-20 weeks)**

ROM: Full

Sling: None

Exercises:

- Continue as above
- Work and sport specific exercises
- Throwing at 16 weeks

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