

REHABILITATION PROTOCOL FOR SLAP REPAIR

Instructions:

Range of motion:

- Sling when not performing exercises for the first four weeks.
- No rotation in flexion or abduction (i.e. above 30°) until three months, ok to perform rotation in adduction.
- Range of motion goals:
 - o Gradually increase elevation and external rotation without restriction.
 - o 4 weeks: 140° elevation, 40° adducted external rotation.

Strengthening:

- At six weeks:
 - o Begin isometrics for the rotator cuff, deltoid, and scapular stabilizers.
- At three months:
 - o Advance strengthening of the cuff, deltoid and scapular stabilizers to bands, weights, eccentrics, and polymetrics sequentially.
- At 4.5 months:
 - o Begin sport-specific rehabilitation.
- Expected full return to play: six months post-operatively.

Please provide with a home exercise program.

Modalities

Heat before and ice after therapy. Other modalities per therapist.