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### Post-Operative Physical Therapy Protocol for SLAP Repair

#### **Phase 1: Week 0 – 3**

Sling immobilization x 3-4 weeks

Codman's/pendulum exercises (Start 1 week after surgery)

Hand/wrist/elbow ROM exercises

Gripping exercises

Passive and active-assisted forward flexion in plane of scapula (supine), limit to 90°

Passive external rotation to neutral

Passive abduction to 60°

#### **Phase 2: Weeks 3 – 6**

Discontinue sling

Continue forward flexion in plane of scapula passive and active-assisted ROM (wand/pulleys),  
rate of progression based on patient's tolerance

Passive and active-assisted external rotation to 30°

Manual scapular stabilization exercise, side lying

Begin pain-free IR/ER isometrics in modified neutral

No biceps strengthening

Cryotherapy/modalities PRN

### **Phase 3: Weeks 6 – 8**

Progress passive, active-assisted, and active ROM:

- Forward flexion in plane of scapula to 170°
- Abduction to 170°
- External rotation to 90°

Begin isotonic IR/ER strengthening in modified neutral

Begin latissimus strengthening, below 90° elevation

Begin upper body ergometer, below 90° elevation

Begin humeral head stabilization exercises, if adequate strength and ROM exists

### **Phase 4: Weeks 8 – 10**

Continue aggressive peri-scapular strengthening

Advance strengthening for deltoid, biceps, triceps, and latissimus, as tolerated

Begin PNF patterns

Continue humeral head stabilization exercises

Advance IR/ER to elevated position in overhead athletes (must be pain free and have good proximal strength)

Continue upper body ergometer for endurance training

Begin general flexibility exercises

### **Phase 5: Weeks 10 – 14**

Continue full upper extremity strengthening

Restore normal shoulder flexibility

Begin activity-specific plyometric program

Continue endurance training

Type II repairs, begin gentle resisted biceps isotonic strengthening

### **Phase 6: Weeks 14 – 24**

Continue flexibility exercises

Continue full strengthening program

Begin return to interval throwing at 4 months

Type IV repairs, progress to isotonic biceps strengthening

Continue endurance training

Contact sports allowed at 6 months