

**SLAP REPAIR PROTOCOL  
PHASE ONE (Week 1-3)**

In phase one, the general goals are to protect the surgical repair, initiate ROM to prevent adhesions and increase circulation, decrease pain and inflammation, and stress emphasis of HEP.

A sling will be worn for 4 to 6 weeks unless instructed otherwise by Dr. Anderson.

The sling is to be removed 2-3X/day to perform HEP.

**ROM limitations:**

**Passive and active-assisted ROM ONLY:**

Flexion/scaption	0-60° by week 1
	0-75° by week 2
	0-90° by week 3
ER in scapular plane	0-15° by week 1
	0-30° by week 2-3
IR in scapular plane	as tolerated

**Active wrist and elbow full ROM**

**EXERCISES:**

**ROM:** Pendulums

Rope and pulley – flexion, scaption

AA cane/wand into flexion, ER at 0° and 45°

Seated or supine posterior cuff stretch into horiz adduction

Grade I-II g-h and scapular joint mobs and manual stretching

**Strength:** Hand gripping exercises - putty

Submax pain-free isometrics at 0° abduction (IR, ER, Ext, Abd) – NO ELBOW or SHOULDER FLEXION

UBE with no resistance

Scapular stabilizer strengthening – rows, shrugs, punches

**Modalities:** Heat prior to tx

Ice following tx and when needed

## PHASE TWO (Week 3-6)

General goals in Phase Two are to gradually restore ROM, initiate active muscle contractions with a focus on regaining proper scapulo-humeral rhythm, begin to train joint proprioception, and continue with HEP.

### ROM Limitations/goal:

Flexion/elevation            145° by week 6

ER in scapular plane        50° by week 6

IR in scapular plane        Full ROM by week 6

### EXERCISES:

ROM:            Continue with AAROM exercises from Phase One – pulley, cane/wand  
                  Initiate towel IR stretch if needed  
                  Posterior capsule stretch

G-H joint mobilizations emphasizing post and inf glides. Should be pain-free and in loose/open packed position.

Passive stretching should be performed following mobilizations.

Strength:        IR/ER with theraband using towel roll between upper arm and thorax  
                  Side-step holding t-band at neutral IR/ER for isometric resistance  
                  DB therex – flexion, scaption, empty can, deceleration  
                  Triceps with theraband

Rhythmic stab progressing from supine to sidelying to partial sitting to standing as tolerated

Scapular strengthening therex including seated rows, shrugs, punches

PNF patterns with manual resistance

Light bicep curls can be initiated at 3 weeks

Modalities:     Heat prior to tx

Ice following tx and when needed

### **PHASE THREE (Week 6-12)**

The goals in this phase are to restore full active ROM, progress strengthening and scapular stabilization exercises, and initiate more functional drills into rehab program.

**ROM goals:**

**Full ROM all planes by 10-12 weeks**

**EXERCISES:**

**ROM: Continue with previous exercises to gain full ROM**

**May need to add chicken wing stretch for ER**

**Mobilizations may be more aggressive if needed**

**Strength: Continue with previous T-band and C. column exercises, increasing intensity, sets, reps as able**

**Continue with db therex increasing sets, reps, and intensity (up to 7 lbs)**

**Initiate T-band ER at 90/90 position – slow and fast reps**

**Initiate prone db therex including scaption at 130° with thumb up, horiz abduction with thumb up, extension with palm down, ER**

**Week 8:**

**Initiate two-handed plyometrics including ball toss –chest pass, OH pass, diagonals**

**Week 10:**

**Biodex – isokinetics for IR/ER beginning in modified neutral position, progress to 90/90 position in scapular plane**

**Modalities: Ice as needed**

### **PHASE FOUR (Week 12-24)**

**Goals include regaining full functional strength, implementing functional or sports specific training, and establishing a progressive gym program for continued strengthening and endurance training.**

**\*Continue as needed with ROM exercises**

**\*UBE high resistance, for endurance**

**\* Progress to one-handed plyos including ball toss, ball on wall**

**\*Eccentric RC strengthening using plyoball, deceleration tosses, T-band**

**\*Large muscle exercises including shoulder press, lat pull-downs, bench press – do not allow elbow to extend past plane of thorax**

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**\*For high school athletes: at 12 weeks, passive ER should be 100-105°; allow the athlete to gain the rest on his own.**

**\*For college/pro athletes: at 12 weeks, active ER should be 100-105° and passive ER should be 110-115° - allow the rest to come on its own**