

SLAP Repair

	Phase I: Weeks 0-2	Phase II: Weeks 2-4	Phase III: Weeks 4-8
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • Sling with abduction pillow at all times except for dressing, hygiene, or during PT exercises • Non-weight-bearing 		<ul style="list-style-type: none"> • Wean from and discontinue sling • May begin non-repetitive non-resistive ADLs at chest level and below
Aerobic	<ul style="list-style-type: none"> • Stationary bike • Walking on flat ground 		
Range of Motion (ROM)	<ul style="list-style-type: none"> • Passive FF to 90° in scapular plane • Passive ER to neutral • Passive ABD to 45° • No IR behind back 	<ul style="list-style-type: none"> • Passive FF to 140° in scapular plane • Passive ER to 20° • Passive ABD to 45° • No IR behind back 	<ul style="list-style-type: none"> • Progress PROM to AAROM to AROM • Active FF to 150° • Active ER to 45° • Active ABD to 60° • Active IR to sacrum
Strengthening	<ul style="list-style-type: none"> • Pain-free, sub-maximal, deltoid isometrics in neutral rotation • No resisted forward flexion, elbow flexion, or supination 		<ul style="list-style-type: none"> • Scapular stabilizers • Isometrics and light bands while adhering to above ROM limitations • No resisted FF, elbow flexion, or supination until 6 weeks
Goals	<ul style="list-style-type: none"> • Pain control • Protect tissue healing • Minimize joint stiffness • Minimize muscle atrophy 		<ul style="list-style-type: none"> • Increase ROM • Increase strength

	Phase IV: Weeks 8-12	Phase V: Weeks >12
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • May begin non-repetitive non-resistive ADLs at chest level and below 	<ul style="list-style-type: none"> • WBAT
Aerobic	<ul style="list-style-type: none"> • May begin elliptical machine • May begin walk-jog-run program 	<ul style="list-style-type: none"> • Continue walk-jog-run progression • May begin upper extremity ergometer, ergometer, and vertical climber • May begin advanced conditioning and sport-specific training
Range of Motion (ROM)	<ul style="list-style-type: none"> • Progress to full AROM • If ROM is lacking in any plane, may begin gentle passive stretching at end ranges of motion 	<ul style="list-style-type: none"> • Continue to progress to full AROM • If ROM is lacking, continue gentle passive stretching at end ranges of motion
Strengthening	<ul style="list-style-type: none"> • Advance strengthening as tolerated • Progress from isometrics/bands to light lights (1-5 pounds, 8-12 repetitions, 2-3 sets) for rotator cuff, deltoid, and scapular stabilizers 	<ul style="list-style-type: none"> • Begin eccentrically resisted motions, plyometric exercises, proprioceptive exercises, and closed chain exercises • Begin sport-specific exercises
Goals	<ul style="list-style-type: none"> • Full ROM • Increase strength 	<ul style="list-style-type: none"> • Progress to full ROM if not yet achieved • Progress to full strength if not yet achieved

Throwing Athletes
<ul style="list-style-type: none"> • May return to throwing 4.5 months (18 weeks) after surgery • May return to pitching from a mound 6 months (24 weeks) after surgery