**Rehabilitation Protocol**

**Superior Labral Anterior Posterior (SLAP) Repair**

* **Sling for 3 weeks**

**Phase 0 – Quiet (Week 0 - 1)**

* Elbow-wrist-hand ONLY
* Begin active scapular retraction/protraction exercises with therapist cueing

**Phase I – Passive Motion (Week 2 - 4)**

***Pendulums to warm-up - Passive range of motion***

* Supine external rotation - 0º
* Supine forward elevation - 90º
* Internal rotation - therapist assisted - **not behind back**
* Initial core program/scapular stabilization
* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should begin 1 week after surgery.

**Phase II – Active Motion (Week 5 - 7)**

***Pendulums to warm-up***

***Active range of motion with terminal stretch to prescribed limits***

***NO resisted biceps***

* SupineSeated External Rotation – **GRADUALLY increase to full by week 12**
* SupineSeated Forward Elevation - **GRADUALLY increase to full by week 12**
* Internal rotation – **GRADUALLY increase to full by week 12**

**Phase III – Resisted (Week 8 - 11)
*Pendulums to warm up and continue with phase 2***

***Avoid “Peel Back” mechanism***

* External and Internal Rotation
* Standing forward punch
* Seated Rows
* Shoulder Shrugs
* Bicep Curls
* Bear Hugs

**Phase IV – Weight Training (Week 12)**

* Keep hands within eyesight, keep elbows bent, no long lever arms
* Minimize overhead activities (below shoulder level)
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency

**RETURN TO ACTIVITIES**

Computer 3-4 weeks

Driving When no longer taking narcotics

Elliptical 1 months

Jogging 2 months

Light Swimming 2 months

Golf (Chip & Putt) 2 months

Golf (Irons & Driver) 3-4 months

Tennis 3-4 months

Weight training 3-4 months

Skiing 4 months

Contact Sports 4 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.