

Arthroscopic SLAP Repair Rehabilitation Protocol

Benedict Figuerres, MD
Orthopedic and Sports Medicine
kutopeka.com/ortho

Patient Name:

Date of Surgery:

Phase I - Initial phase - 0-4 weeks

Date: _____

- No rehab for 3 weeks
- Remain in sling for 4 weeks

Phase II - Passive phase - Week 4

Date: _____

- Pendulums to warm up
- Passive range of motion
- Supine external rotation (full)
- Supine forward elevation (full)
- Internal rotation (full)

Phase III - Active phase - Week 5

Date: _____

- Pendulums to warm up
- Active range of motion with terminal stretch to prescribed limits
- Supine-seated external rotation (full)
- Supine-seated forward elevation (full)
- Internal rotation

Phase IV - Resisted phase - Week 6

Date: _____

- Pendulums to warm up and continue with Phase III exercises
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs

Phase V - Weight training - Week 8

Date: _____

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No military press, pull down behind head, or wide grip bench)

Phase VI - Return to activities

- Computer: 2-4 weeks
- Golf: 8 weeks
- Tennis: 10 weeks
- Throwing sports: 12 weeks
- Contact sports: 4 months