

SLAP Repair and MDI Capsular Plication Protocol

J. Chad Joyce, PT

Updated: December, 2015

- A. 0-4 weeks post-op
 - 1. Abduction sling
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. PROM with restrictions
 - 1) No IR (beyond position of sling)
 - 2) ER (arm at side) 45°
 - 3) Abd. 60°
 - 4) Flex. 90°
- B. 4-6 weeks post-op
 - 1. Sling – wean from pillow
 - 2. Exercise
 - a. P-AA ROM with following restrictions
 - 1) No IR (beyond position of sling)
 - 2) ER 60°
 - 3) Abd 90°
 - 4) Flex 120°
- C. 6 weeks post-op
 - 1. Wean from sling
 - 2. Exercise
 - a. Now work ROM to tolerance in all planes except no IR stretching
 - b. AROM emphasizing proper mechanics
 - c. PROM as needed to regain ROM
 - d. Light but progressive PRE RC, shoulder, and scapulo-thoracic strengthening