

SLAP Repair Protocol

- A. 0-2 weeks P/O - PROM
 1. Abduction sling
 2. Frequent cryotherapy and modalities as indicated
 3. PROM phase with restrictions
 - a. ER (in Adduction) to tolerance
 - b. Abduction to 90°
 - c. Flexion to 90°

- B. 2-4 weeks P/O - AAROM
 1. Abduction sling
 2. AA phase
 - a. PROM/AAROM to tolerance in all planes except abducted external rotation (A-ER)
 - b. Begin posterior cuff/capsule stretch (sleeper stretch) as tolerated
 - c. Low level scapular stabilization/strength work

- C. 4-6 weeks P/O - AROM
 1. Wean from sling
 2. AROM focused on proper movement mechanics
 3. May begin gentle ROM work for A-ER

- D. 6-12 weeks P/O - Strength
 1. RC, scapulo-thoracic, general UE and trunk strength and stabilization exercise

- E. 12-16 weeks P/O
 1. More sport-specific type exercise
 2. Light, but progressive plyometrics
 3. Higher level CKC exercise

- F. 16 weeks P/O - Transition to sport
 1. Continue strength work
 2. Begin sport specific progressions
 3. Start overhead interval programs (i.e. throwing, tennis, volleyball)
 4. Mainstreaming sport specific exercise and drills