

Washington Sports Medicine Institute
8401 Greensboro Drive, Suite 120
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10215 Fernwood Road
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Arthroscopic SLAP Repair Physical Therapy Protocol

0-3 weeks postop

- 1 to 2 visits per week, everyday home program with goals
- Sling should be always worn including sleep except when doing exercises or showering
- No ACTIVE shoulder motion (No exceptions!)
- Motion of the elbow should be limited to passive only
- Modalities as needed
- Active and passive range of motion of the neck, wrist, and hand should be performed 5 times per day
- Gentle passive pendulum / Codman's exercises plus passive abduction to maximum of 90 degrees (performed by therapist or family member) should be started immediately post-op
- Begin active periscapular exercises and ROM to include shoulder shrugs and scapular retraction exercises (No weights!)
- Start passive forward elevation in the scapular plane to 130 degrees (can add pulleys)
- Begin isometric exercises including internal and external rotation with arm at side, abduction, forward flexion, and extension
- Icing or cryotherapy 5 times per day and 20 minutes after exercises

3 weeks to 2 months

- 2 to 3 visits per week, everyday home program with goals
- Continue all exercises as above
- Discontinue sling at 3 weeks
- Passive, active-assisted, and active range of motion exercises should be slowly increased to full motion
- Advance periscapular strengthening and range of motion to include scapular 4-way exercises
- Emphasis on regaining full motion in this phase

2 to 3 months post op

- 2 to 3 visits per week (until 12 - 14 weeks post-op), everyday home program with goals
- Continue all exercises as above
- Advance isometric strengthening program to IR, ER, forward flexion, abduction, and extension
- Start rotator cuff strengthening program using therabands
- Gentle biceps strengthening should begin with low weights and high repetitions
- Range of motion should be near normal after this phase, if not please contact Dr. Pandarinath

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3 to 5 months post op

- Daily home program with goals. May need 1 to 2 visits per month to check progress and review home program and add functional training
- Continue all exercises as above
- Progress to advanced rotation cuff strengthening, periscapular strengthening, and biceps strengthening with weights, dumbbells, and bands
- Emphasis to regain full strength with high repetition low weight and resistance exercises
- Begin gradual return to activities / sports (including golf)
- May start light tossing program at end of this phase

5 to 8 months post op

- Daily home program with goals
- May begin functional training exercises including swimming, tennis, and interval throwing program
- Begin gradual return to sports / activities
- Continue to avoid heavy weightlifting (high weights, low repetitions) including military press, and decline bench

Criteria for Return to Sports / Full Activities

- Full functional range of motion
- Minimal pain or tenderness
- Satisfactory strength and endurance
- Satisfactory clinical examination