

ARTHROSCOPIC SLAP REPAIR REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

Philip A. Davidson M.D.

	RANGE OF MOTION	SLING/CRADLE	THERAPEUTIC EXERCISE
PHASE I 0-4 weeks	Active/active-assisted: stretch to 40° of external rotation, 120° of forward flexion, internal rotation to stomach, abduction to 45° NO cross-body adduction	Worn at all times when standing. Remove for washing, therapeutic exercise. May remove for sleep after first few days	Elbow/wrist/hand ROM, grip strengthening, isometric in sling, external/internal rotation exercises with elbow at side No terminal elbow extension, resisted forward flexion or active biceps until 6 weeks post-op
PHASE II 4-8 weeks	Increase external rotation to 60° at side, forward flexion to 140°, internal rotation behind back to waist, abduction 60°	None	Advance isometrics in phase I to use of a theraband, continue with elbow/wrist/hand ROM and grip strengthening, begin prone extensions and scapular stabilizing exercises, gentle joint mobs Modalities prn
PHASE III 8-12 weeks	Progress to full active motion without discomfort Gentle passive stretching at end ranges	None	Advance theraband exercises to use of weights, continue with and progress exercises

Phil Davidson M.D.
Tel: (801) 797-8000
Fax: 855-769-3885



6360 South 3000 East, Suite 200
Salt Lake City, UT 84121
davidsonorthopedics.com



PHASE IV Full without discomfort None
12 weeks
– 6
months*

in phase II
Include RTC, deltoid, and
scapular stabilizers

Advance exercises in
phase III, begin
functional progression
to work/sport, return to
previous activity level**
Begin upper body
ergometer,
proprioception,
plyometrics
Return to throwing at 4-
6 months; Return to
contact or aggressive
sport 4-6 mos