

Arthroscopic Superior Labrum Anterior to Posterior (SLAP) Repair Protocol

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PHASE I

(0-4 WEEKS)

Active/Active-Assistive stretch to 40° of external rotation and 140° of forward flexion-internal rotation as tolerated.

Worn at all times except for hygiene and therapeutic exercise. May be taken off for activities of daily living; i.e. using mouse, phone, eat.

Hand, elbow, wrist, pendulum, ball squeezes, isometric abduction, external/internal rotation exercises with elbow at side. Avoid active elbow flexion for first 4 weeks.

PHASE II

(4-6 WEEKS)

Increase forward flexion and internal/external rotation to full motion as tolerated.

Discontinue Advance isometrics in Phase I to use of a Theraband; continue with hand, elbow, wrist, pendulum and ball squeezes.

Begin prone extensions, and scapular stabilizing exercises, gentle joint mobilization.

PHASE III

(6-12 WEEKS)

Full range of motion

Discontinue

Advance Theraband exercises to use of weights, continue with and progress exercises in Phase II.

Begin upper body ergometer.

PHASE IV

(12 WEEKS – 6 MONTHS)

Full range of motion

Discontinue Advance exercises in Phase III. Begin functional progression to work/sport. Return to activity as tolerated.