



Arthroscopic Superior Labral (SLAP) Repair Protocol

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	0-1 week: Only elbow, wrist, hand, initiate pendulums. 1-4 weeks: Active/active-assisted stretch to 45° ER, 140° forward flexion, IR as tolerated	Wear at all times except hygiene and exercises	Wrist/hand ROM, grip strengthening, isometric abduction External/internal rotation w/ elbow at side Begin cuff/deltoid isometrics at 2 weeks; closed chain scapula
PHASE II 4-8 weeks	Increase forward flexion and internal/external rotation to full ROM as tolerated	Discontinue at 4 weeks	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening Begin prone extensions and scapular stabilizing exercises, gentle joint mobs
PHASE III 8-12 weeks	Full	None	Advance theraband exercises to use of weights and progress Phase II work Cycling and upper body ergometer at 8 weeks Outdoor running and planks at 10 weeks
PHASE IV 12-20 weeks	Full	None	Advance Phase III exercises Begin functional progression to return to previous activity level Throwers may begin interval throwing program at 16 weeks

*6-8 weeks is required for healing of the biceps labrum, therefore, avoid activities that stress the repair (i.e. active biceps exercises, forceful extension, etc.)

**Patient may return to the weight room at 3 months, if appropriate

***Patient may return to competitive sports, including contact sports, by 5 months, if approved.