



## Superior Labral Repair (SLAP) Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<b>PHASE I</b> 0-4 weeks	Passive motion only	<b>0-4 weeks:</b> Immobilized at all times day and night. Off for gentle exercise and showers.	Wrist/hand/elbow ROM, ball squeezes, table slides. External/internal rotation w/elbow at side. Begin cuff/deltoid isometrics at 2 weeks. Passive ER with a stick, isometric scapular retraction. *Avoid active biceps until 6 weeks.
<b>PHASE II</b> 4-8 weeks*	Increase forward flexion and internal/external rotation to full ROM as tolerated	None	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening. Start pulley for passive forward elevation. Passive IR stretching/sleeper stretches. <b>6 weeks</b> - add doorframe stretches and resisted IR/ER/low row.
<b>PHASE III</b> 8-12 weeks	Progress to full AROM without discomfort	None	Advance theraband exercise to use of weights and progress Phase II work. May add Biceps curl for strength. Cycling and upper body ergometer at 8 weeks. Outdoor running and planks/push-ups at 10 weeks.
<b>PHASE IV</b> 12-20 weeks	Full and pain-free	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.)