

## SLAP Repair Protocol

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Patient Name	Date of Surgery
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**Procedure:**  Right  Left Shoulder SLAP Repair

**Evaluate and Treat**

**Provide patient with home program**

**Frequency:** \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

**Phase I (0-4 wks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.*

- **Weeks 0-1: No formal PT.**
  - Sling at all times (except for hygiene and pendulums).
  - Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).
- **Weeks 1-4: Begin formal PT (2-3 x/wk).**
  - Sling at all times (except for hygiene and PT).
  - ROM: Restrict motion to 90 deg FF / 20 deg ER at side / IR to stomach / 45 deg abduction. **No IR up the back or ER behind head. Forward flexion should not be combined with cross-body adduction.**
    - Progress PROM g AAROM g AROM as tolerated within the above limits
    - Heat before, ice after.
  - Strengthening: Cuff/periscapular/deltoid isometrics in sling, within above motion limits. **No resisted forward flexion or elbow flexion (biceps) until 6 weeks post-op to protect the biceps root.**

**Phase II (4-8 wks):** *Progress to active motion and protected strengthening.*

- D/C sling if cleared by MD
- ROM: Progress AROM to 140 deg FF / 40 deg ER with arm at side / 60 deg ABD/IR behind back to waist.
- Strengthening:
  - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits. **Do not begin light bands for forward flexion or elbow flexion until after 6 wks.**
  - Modalities as per PT discretion

**Phase III (8-12 wks):** *Advance ROM and more aggressive strengthening.*

- ROM: Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 wks if not at full motion.
  - Goal: full ROM by 3 months.
- Strengthening: Advance as tolerated from isometrics g bands g light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)

**Phase IV (3-12 months):** *Progress to sport/occupation-specific rehab.*

- ROM: Aggressive passive stretching at end ranges if full motion not yet achieved.
- Strengthening/Activities:
  - Continue bands/light weights as above, 3x/wk.
  - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and closed-chain strengthening.
- Throwing:
  - At 4.5 months - if full-strength – can return to light tossing
  - At 6 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.)
- Work:
  - Ove

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.**

**This patient \_\_\_\_\_ would \_\_\_\_\_ would not benefit from social services.**

Physician Signature	Date
Printed Name	