

SLAP Repair Protocol

Weeks 0-3: Protective Phase

Sling at all times

ROM goals

Forward Flexion: 90 Passively

Internal Rotation: 0

External Rotation: Protected and progressed 30 with arm at side

Abduction: 0

Therapeutic Exercises

Strengthening: No biceps contraction allowed

Isometrics: Submaximal rotator cuff isometrics

Isotonics: Periscapular

Weeks 3-6: Early Strengthening

Sling: Weaned

ROM goals

Forward Flexion: Progressed to full

Internal Rotation: Progressed to full

External Rotation: Progressed to 65

Therapeutic Exercises

Strengthening: No biceps contraction allowed

Isometrics: Maximal rotator cuff isometrics

Isotonics: Periscapular, core strengthening

Weeks 6-12: Advanced Strengthening Phase

ROM goals

Progressed to full

Therapeutic Exercises

Strengthening: Gentle biceps contraction allowed, advanced scapular stabilization

Isotonics: Isotonics in functional ranges, integrate scapular stabilization and core strengthening

Weeks 12 +: Function/Sports Return Phase

ROM goals: Full, pain free

Therapeutic Exercises

Strengthening: Sports specific, plyometrics, advance core integration

Return to sport based on provider team input and appropriate testing

*All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.