

SLAP Repair
Dr. LT Fleske & Dr. Randall Hildebrand



**Central Kansas
Orthopedic Group**
SURGICAL SPECIALISTS & PHYSICAL THERAPY

Weeks 0-8:

Precautions: In sling for 3-4 weeks at all times (except for hygiene and ROM exercise)

NO Active Biceps contraction for 6 weeks

Range of Motion:

Flexion/Elevation:

0-60 degrees – Week 1

0-90 degrees – Week 2

0-120 degrees – Week 4

0 –160 degrees – Week 6

0-180 degrees – Week 8

External Rotation:

0-15 degrees (in neutral) – Week 1

0-30 degrees (in neutral) – Week 2

0-45 degrees (@45 deg) – Week 4

0-60 degrees (@60 deg) - Week 6

Internal Rotation: As tolerated

Home Exercise Program:

Wrist and Hand AROM

Overhead Pulleys, table slides, pendulums

Week 2: submaximal isometrics in neutral

Week 3: cane AAROM per tolerance and ROM guidelines

Week 2-3: scapular stabilization (start sidelying progress to prone)

Weeks 6-12:

Range of Motion: Progress to full, aggressively if necessary
External Rotation: 80-90 degrees @ 90 deg of Abduction by week 8

Home Exercise Program: Continue AAROM/Pulley as needed
Rhythmic Stabilization: body blade, closed chain progression
Total Arm strengthening
Plyometrics: weighted toss
Progressive rotator cuff and scapular strengthening
Biceps activation and strengthening at week 6

Weeks 12+:

Range of Motion: Full and Equal Bilaterally

Strengthening: Aggressive strengthening: PRE's and TAS program
Thrower's 10 program
Overhead functional lifting
Eccentric control and high speed repetitions
Weight room activities as tolerated
Progress back to sport/functional strengthening, sports specific drills
Return to sport per Physicians' order