



## Slap Repair Post-Operative Rehabilitation Protocol

### Week 0-1:

- Patient to do home exercises given to the post-op
  - pendulums, elbow ROM, wrist ROM, grip strengthening

### Weeks 1-4:

- No IR up the back; No ER behind the head
- ROM goals: 90° FF/40° ER at side
- No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
- Sling for 4 weeks
- Heat before/ice after PT sessions

### Weeks 4-8:

- D/C sling
- Increase AROM 140° FF/ 40° ER at side/ 60° ABD/ IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- Physical modalities per PT discretion

### Weeks 8-12:

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (ex. body blade)

### Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin upper body ergometer
- Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- May begin throwing at 6 months ([Interval Throwing Program](#))
  - \*\*Throwing Prep Screen prior to initiating throwing. Schedule via QR code 1 or [spc@rushortho.com](mailto:spc@rushortho.com)
  - Throwing Assessment when throwing at 80%+ effort or on the mound. Schedule via QR code 2 or [spc@rushortho.com](mailto:spc@rushortho.com)





MIDWEST  
ORTHOPAEDICS  
AT RUSH

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- Collision sports at 9 months
- \*\*For non-throwing patients, Upper Body Assessment when initiating return to activity progression. Schedule via QR code 3 or [spc@rushortho.com](mailto:spc@rushortho.com)
- MMI is usually at 12 months post-op

