

Superior Labrum Anterior and Posterior (SLAP) Repair Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Week 1:

- » Sling for 4 weeks, except during exercise or bathing
- » Patient to do home exercises post-op (elbow ROM, wrist ROM, grip strengthening)

Weeks 2-4:

- » No IR up the back; no ER with forward elevation
- » ROM goals: 90° FF/20° ER at side
- » No resisted FF or biceps activity until 6 weeks post-op as to not stress the biceps root
- » Heat before/ice after PT sessions

Weeks 5-8:

- » 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
- » Start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- » Physical modalities per PT discretion

Weeks 8-12:

- » If ROM lacking, increase to full with gentle passive stretching at end ranges
- » Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

Months 3-12:

- » Only do strengthening 2-3x/week to avoid rotator cuff tendonitis
- » Begin eccentrically resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., body blade), and closed chain exercises at 12 weeks
- » Begin sports related rehab at 3 months, including advanced conditioning
- » Return to throwing at 4 ½ months
- » Throw from pitcher's mound at 6 months
- » Complete return to work or sports at 9 - 12 months

Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. →

