



Arthroscopic SLAP Repair Rehabilitation Protocol

0-4 Weeks Postop:

Sling immobilization for the 1st 4 weeks

No isolated biceps strengthening for 7 weeks postop

Protective range of motion activity at or below 90 degrees of flexion

IR and ER passively in the scapula plane to 10-15 degrees of ER and 45 degrees of IR

4-6 Weeks Postop:

Gradual wean out of sling between 4-6 weeks

Can begin passive and AA flexion above 90 degrees

No excessive ER, Ext, or abduction

Start light isotonic strengthening program involving deltoid

IR and ER progressed at 90 degrees of abduction

6+ Weeks postop:

Progress to full active range of motion by 8-10 weeks

By week 12, should have full passive and active range of motion

Week 12 plyometric exercises started

Week 16 back to interval throwing program

Return to throwing /sports usually around 9 months