



SUPERIOR LABRAL ANTERIOR-POSTERIOR (SLAP) REPAIR

Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right/Left Shoulder SLAP Repair

_____ Evaluate and Treat _____ Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks

_____ **Phase I (0 - 4 Weeks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.*

Weeks 0-1: No Formal PT.

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-4: Begin formal PT (2-3 x/week).

- Sling at all times (except for hygiene and PT).
- **ROM:** Restrict motion to 90° FF / 20° ER at side / IR to stomach / 45° abduction. No IR up the back or ER behind head. Forward flexion should not be combined with cross-body adduction.
 - Progress PROM → AAROM → AROM as tolerated within the above limits.
 - Heat before, ice after.
- **Strengthening:** Cuff/periscapular/deltoid isometrics in sling, within above motion limits. **No resisted forward flexion or elbow flexion (biceps) until 6 weeks post-op to protect the biceps root.**

_____ **Phase II (4 - 8 Weeks):** *Progress to active motion and protected strengthening.*

- D/C sling if cleared by MD.
- **ROM:** Progress AROM to 140° FF / 40° ER with arm at side / 60° ABD/IR behind back to waist.
- **Strengthening:**
 - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits. **Do not begin light bands for forward flexion or elbow flexion until after 6 weeks.**
 - Modalities as per PT discretion.

_____ **Phase III (8 - 12 Weeks): Advance ROM and more aggressive strengthening.**

- **ROM:** Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 weeks if not at full motion.
 - Goal: full ROM by 3 months.
- **Strengthening/Activities:**
 - Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5 lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)

_____ **Phase IV (3 - 6 Months): Progress to sport/occupation-specific rehab.**

- **ROM:** Aggressive passive stretching at end ranges if full motion not yet achieved.
- **Strengthening/Activities:**
 - Continue bands/light weights as above, 3x/week.
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sport-specific/job-specific exercises by 4 months.
- **Throwers:**
 - @ 4.5 months, may begin light-tossing if full-strength and motion.
 - @ 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
 - Overhead work without lifting is usually possible @ 4.5-6 months.
 - Can resume heavy labor once full-strength achieved (usually 6-9 months).

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____ Date: _____