

## ARTHROSCOPIC SLAP REPAIR REHABILITATION PROTOCOL

### *Post-Operative Physical Therapy Protocol*

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	RANGE OF MOTION	SLING/CRADLE	THERAPEUTIC EXERCISE
<b>PHASE I</b> 0-4 weeks	Active/active-assisted: stretch to 40° of external rotation, 120° of forward flexion, internal rotation to stomach, abduction to 45° NO cross-body adduction	Worn at all times when standing. Remove for washing, therapeutic exercise. May remove for sleep after first few days	Elbow/wrist/hand ROM, grip strengthening, isometric in sling, external/internal rotation exercises with elbow at side <b>No terminal elbow extension, resisted forward flexion or active biceps until 6 weeks post-op</b>
<b>PHASE II</b> 4-8 weeks	Increase external rotation to 60° at side, forward flexion to 140°, internal rotation behind back to waist, abduction 60°	None	Advance isometrics in phase I to use of a theraband, continue with elbow/wrist/hand ROM and grip strengthening, begin prone extensions and scapular stabilizing exercises, gentle joint mobs Modalities prn
<b>PHASE III</b> 8-12 weeks	Progress to full active motion without discomfort Gentle passive stretching at end ranges	None	Advance theraband exercises to use of weights, continue with and progress exercises

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in phase II  
Include RTC, deltoid, and  
scapular stabilizers

**PHASE IV** Full without discomfort      None  
12 weeks  
– 6  
months\*

Advance exercises in  
phase III, begin  
functional progression  
to work/sport, return to  
previous activity level\*\*  
Begin upper body  
ergometer,  
proprioception,  
plyometrics  
Return to throwing at 4-  
6 months; Return to  
contact or aggressive  
sport 4-6 mos