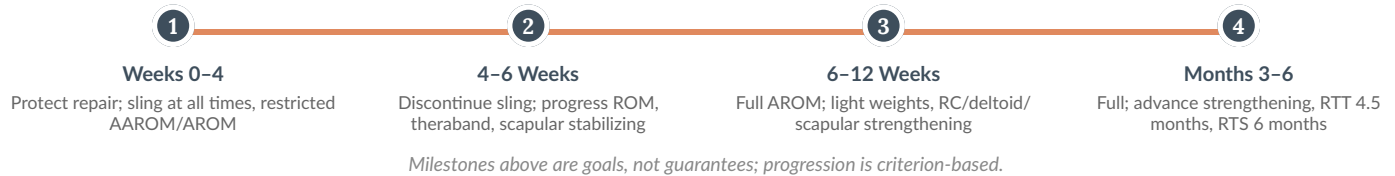


PT PROTOCOL

Arthroscopic SLAP Repair

Rehabilitation Protocol



Phase 1 Weeks 0-4

Sling: Worn at all times except for showering and rehab under the guidance of PT.

Range of Motion

- Active-assisted progressing to active range of motion, as tolerated.
- Restrict motion to 140° of forward flexion, 40° of external rotation, and internal rotation to the stomach.

Therapeutic Exercises

- Wrist and hand range of motion.
- Grip strengthening.
- Isometric abduction, internal rotation, and external rotation exercises with the elbow at the side.
- No resisted forward flexion or elbow flexion, to avoid stressing the biceps origin.
- Heat/ice before and after physical therapy sessions.

Phase 2 Weeks 4-6

Sling: Discontinue.

Range of Motion

- Increase forward flexion; full internal and external rotation as tolerated.

Therapeutic Exercises

- Advance isometrics from Phase 1 to theraband use within active range-of-motion limitations.
- Continue wrist/hand range of motion and grip strengthening.
- Begin prone extensions and scapular stabilizing exercises (trapezius, rhomboids, levator scapulae).
- Gentle joint mobilization.
- Modalities per PT discretion.

Phase 3 Weeks 6-12

Range of Motion

- Progress to full active range of motion without discomfort.

Therapeutic Exercises

- Advance theraband exercises to light weights (1-5 lbs).
- Rotator cuff, deltoid, and scapular stabilizer strengthening (8-12 repetitions, 2-3 sets).
- Begin upper-extremity ergometer.
- Modalities per PT discretion.

Range of Motion

- Full range of motion without discomfort.
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Therapeutic Exercises

- Advance Phase 3 exercises (strengthening 3x per week).
- Return to throwing at 4.5 months.
- Return to sports at 6 months, if approved.
- Modalities per PT discretion.