



## Rehabilitation Protocol: Arthroscopic Superior Labral Repair (SLAP)

	<b>RANGE OF MOTION*</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0-4 weeks</b>	Active / Active-Assisted: Limit ER to 40 <sup>0</sup> and forward flexion to 140 <sup>0</sup>	Worn at all times except for hygiene and therapeutic exercise	Elbow/wrist/hand ROM, grip strength. Isometrics: abduction, ER, IR exercises with elbow at side.
<b>PHASE II 4-6 weeks</b>	Increase forward flexion, IR/ER as tolerated with same limits.	None.	Advance isometrics and begin Theraband. Strengthen scapular stabilizers.
<b>PHASE III 6-12 weeks</b>	Progress to full active motion. May add gentle PROM at 8wks if needed.	None.	Advance Therabands. May begin light weights. May begin UBE for warm-up.
<b>PHASE IV 12 weeks – 6 months***</b>	Full painless motion.	None.	Begin functional sport/work specifics. Plyometrics, proprioception, Return to previous activity level.**

\* Patient is required to complete stretching exercises 3 times per day.

\*\* Patient may return to the weight room at 3 months, if appropriate.

\*\*\* Patient may return to competitive sports, including contact sports by 4-6 months, if approved.

### LOCATIONS

**2600 Belle Chasse Hwy  
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