

ARTHROSCOPIC SLAP REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	Active/active assisted to 45° ER, 140° forward flexion, IR as tolerated PROM as tolerated	0-2 weeks: Worn at all times day and night** Off for hygiene and gentle home exercises 2-4 weeks: Worn daytime only**, off for hygiene/exercises	0-2 weeks: hand/wrist/elbow AROM, grip strengthening and pendulums 2-4 weeks: Begin PROM as tolerated-advanced to AAROM, ER and IR with elbow at side, start cuff and deltoid isometrics, start closed chain scapula, isometric abduction <i>Until 6-8 wks, avoid stress on biceps – active biceps exercises, forceful extension</i> *Lower body, core, and gentle stationary bike okay if arm in sling and not being used
PHASE II 4-8 weeks	Advance to full AAROM and AROM as tolerated	Discontinue sling at 4 wks	Continue phase I exercises, advance isometrics to use of therabands, continue wrist/hand ROM and grip strengthening Begin prone extensions and scapular stabilizing exercises, gentle joint mobs <i>Until 6-8 wks, avoid stress on biceps – active biceps exercises, forceful extension</i>
PHASE III 8-12 weeks	Progress to full AROM without discomfort	None	Advance therabands to weights, continue to progress phase II Begin cycling and muscle endurance activities (upper body ergometer) at 8 weeks Running and planks/push ups as tolerated at 10 weeks
PHASE IV 12 weeks - 5 months	Full and pain-free	None	Return to weight room at 3 months Advance phase III exercises Begin functional progression to return to preop activity level Throwers may begin interval throwing program at 16 weeks Gradual return to competitive sport, including contact, at 5 months

**May remove sling if arm is supported on chair/desk/table (ie desk work, eating)

***Patient protocols may vary. Please follow patient-specific script if modified

For throwers, we recommend scheduling a throwing assessment after 5 months postop with our Sports Performance team to guide progression to a safe return to sport program: <https://www.rushortho.com/specialties-services/sports-performance-and-recovery/throwing-assessment/>