

Rehabilitation Protocol

Dr. Sara Edwards

ARTHROSCOPIC SLAP REPAIR

Slings for 4 weeks; NO Rehab for 3 weeks



PHASE 1 (Passive)

WEEK 4

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation- Full
- Supine Forward Elevation- Full
- Internal Rotation- Full
- Sleeper Stretch

PHASE 2 (Active)

WEEK 5

- Pendulums to warm-up
- Active Range of Motion with Terminal Stretch to prescribed limits
- Supine-Seated External Rotation- Full
- Supine-Seated Forward Elevation- Full
- Internal Rotation-Full

PHASE 3 (Resisted)

WEEK 6

- Pendulums to warm up and continue with Phase 2
- External and Internal Rotation
- Seated rows
- Shoulder Shrugs
- Bicep Curls (Delay to 8 Weeks if painful)
- Bear Hugs

WEEKS 8-10

- Closed-chain scapular control exercises; progress to Open-Chain

WEIGHT TRAINING

WEEK 10

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No Military press, pull downs behind head, or narrow-grip bench)

Return to Activities

Computer	2-4 Weeks
Golf	8 Weeks
Tennis	10 Weeks
Contact Sports	6 Months