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## **SLAP Repair Rehab Protocol**

### **Weeks 1-6: Phase I**

Sling Immobilizer: At all times except for showering and exercise

Discontinue after 4 weeks

Exercises: Passive ER and extension to neutral

Passive FF in scapular plane to 90

AROM wrist/elbow

Scapular "pinches"

Pain free submaximal deltoid isometrics

Modalities as needed

Advancement Criteria: ER to neutral

FF in scapular plane to 90 Minimal pain and inflammation

### **Weeks 6-10: Phase II**

Exercises: Active assisted FF in scapular plane to 145 (wand exercises, pulleys)

Active assisted ER to 30 degrees until week 6

Manual scapular side-lying stabilization exercises

IR/ER submaximal, pain free isometrics

IR/ER isotonic strengthening at 6 weeks

Begin humeral head stabilization exercises

Begin latissimus strengthening: limited to 90 deg FF

Modalities as needed

Advancement Criteria: FF to 145

ER to 60

Normal scapulohumeral rhythm

IR/ER strength 5/5

Minimal pain and inflammation

### **Weeks 10-14: Phase III**

Exercises: AAROM for full FF and ER

AAROM for IR - no limits

Aggressive scapular and latissimus strengthening

Begin biceps strengthening

Progress IR/ER to 90/90 position if required

Isokinetic training and testing



## General upper extremity flexibility exercises

Advancement Criteria: Normal scapulohumeral rhythm

Full upper extremity ROM

Isokinetic IR/ER strength 85% of uninvolved side

Minimal pain and inflammation

### **Weeks 14-18: Phase IV**

Exercises: Continue full upper extremity strengthening program

Continue upper extremity flexibility exercises

Activity-specific plyometrics program

Begin sport or activity related program

Address trunk and lower extremity demands

Begin Throwing program

- Begin light tennis ball tossing at 20-30 ft. max at 60% velocity, work on mechanics of wind up, early cocking phase, late cocking phase, acceleration, and follow through
- Isokinetics at high speeds - with throwing wand if thrower, 240, 270, 300, 330, 360°/sec and up, 15 reps each speed
- Throwers begin re-entry throwing program on level surface (criteria to start program listed on re-entry throwing protocol)
- Continue strengthening and stretching programs
- Emphasize posterior capsule stretching

Discharge Criteria: Isokinetic IR/ER strength equal to uninvolved side

Independent HEP

Independent, pain-free sport or activity specific program