

**SLAP Repair Protocol
Dr. Green**

| Time Frame | Treatment | Goals |
|--------------------------|--|---|
| Post-Op Day | <ul style="list-style-type: none"> -Dressing change -Instruct in signs/symptoms of infection -Removal of pain pump -Cryotherapy -E-stim for swelling/pain if needed <p>HEP: scapular retraction, elbow ROM, fist pumps, pendulum exercises</p> | <ul style="list-style-type: none"> -Independent in HEP -Independent in cryotherapy -Home e-stim unit if needed |
| Phase I 0-6 weeks | <p>Frequency: 2-3x/week</p> <ul style="list-style-type: none"> -NO IR/ER for first 6 weeks -Immobilizer with abd pillow for 4 weeks, followed by sling for 2 weeks -Gentle PROM into flexion, scaption, and abduction (without ER) at 2 weeks post op -AAROM may be initiated at 4 weeks | <ul style="list-style-type: none"> -Continue independent HEP -Progression of HEP as tolerated |
| Phase II 6-12 weeks | <p>Frequency: 3x/week till ROM/strength are approaching WNL</p> <ul style="list-style-type: none"> -DC sling at 6 weeks -PROM, AROM all directions at 6 weeks <p>-Instruction in PRE's at 8-10 weeks, progressing to in-clinic strengthening as tolerated for shoulder/elbow and scapular stabilizers</p> | <ul style="list-style-type: none"> -Full ROM flexion/scaption by 8 weeks -Full ROM in all directions by 10-12 weeks -Independent in PRE's by 10 weeks -Strength progress as tolerated in clinic |
| Phase III 12-16 weeks | <p>Frequency: 2x/week</p> <p>Continue to progress ROM/strength until WNL/WFL in all directions</p> | <ul style="list-style-type: none"> -ROM WNL/WFL – DC when goal met -Independent in HEP for shoulder strengthening/scapular stabilization |
| Phase IV 4-6 months | <p>Frequency: PRN</p> <p>May gradually progress with gentle throwing (50%) at 4 months</p> | <ul style="list-style-type: none"> -Progress all ROM and strength to WNL if still not present |