

**SLAP Repair Protocol  
Dr. Hultman**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>-Removal of dressings, change if needed.</li> <li>-Cryotherapy and education in signs of infection</li>   <li>-HEP: Hand/elbow/wrist ROM, light scapular retraction, pendulums</li> </ul>	<ul style="list-style-type: none"> <li>-Independent with conservative management, HEP, and cryotherapy</li> <li>-Pain management</li> </ul>
Phase I 0-6 weeks	<ul style="list-style-type: none"> <li>-PT 1-2x/week dictated by ROM</li> <li>-Slingshot for 4 weeks, remove pillow to sling weeks 4-6</li> <li>-ROM goals: ER to 45° at 3 weeks, full at 6 weeks</li> <li>-Isometrics at 2-3 weeks postop</li> <li>-ROM exercises dictated by ROM</li> <li>-AAROM exercises may start at 3-4 weeks based on PROM</li> </ul>	<ul style="list-style-type: none"> <li>-Protect rotation</li> <li>-Pain free ROM</li> <li>-No signs of adhesive capsulitis</li> <li>-Progression to full ROM by 6 weeks</li> </ul>
Phase II 6-12 weeks	<ul style="list-style-type: none"> <li>-PT 2-3x/week focusing on strength/proprioception/endurance</li> <li>-Full ROM in all planes</li> <li>-D/C sling at 6 weeks</li> <li>-Instruct in PREs for home at 8 weeks</li> <li>-In clinic strengthening/stabilization</li> </ul>	<ul style="list-style-type: none"> <li>-AROM WNL</li> <li>-Independent in PREs and home stretching program by 8-10 weeks</li> </ul>
Phase III 12-16 weeks	<ul style="list-style-type: none"> <li>-PT 1-2x/week as needed</li> <li>-Advance with strength/proprioception/stability program as tolerated</li> <li>-May begin plyometrics</li> <li>-Progress to HEP and health club workouts as able</li> </ul>	<ul style="list-style-type: none"> <li>-Independent in strengthening at home/gym</li> <li>-Maintain strength and stability</li> </ul>
Phase IV 4-6 months	<ul style="list-style-type: none"> <li>-Gradual progression to functional activity (throwing cleared around 4 months once approved by surgeon)</li> <li>-Return to full activity/contact when approved by surgeon</li> <li>-May begin light return to normal weight lifting</li> </ul>	<ul style="list-style-type: none"> <li>-Return and progression to normal activity</li> <li>-Maintain full ROM and strength</li> </ul>