BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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Arthroscopic SLAP Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–3 weeks** GOAL TO ADVANCE *Passive flexion 90°, ER 30°*	Passive only: forward flexion <90°, ER <30° (scapular plane). No active shoulder or elbow motion*	Sling in neutral rotation at all times; abduction pillow at night	Hand and wrist motion, passive elbow motion. Week 2: scapular setting, retraction, gentle rotator cuff isometrics
Phase II **4–6 weeks** GOAL TO ADVANCE *Passive flexion 120°, ER 45°; pain <4/10*	Passive: flexion <120°, ER <45°. Begin active-assisted (cane flexion, cane ER). Still no active shoulder or elbow motion*	Sling continues; pillow at night	Scapular rows and serratus punches, rhythmic stabilization
Phase III **7–8 weeks** GOAL TO ADVANCE *Full passive motion; IR within 10° of other side*	Full passive flexion and IR; ER at 90° abduction to 90° (do not push past). Begin active shoulder and elbow motion	Discontinue	Rotator cuff and scapular band exercises, band triceps. No resisted elbow bending*. Lift ≤10 lb
Phase IV **9–12 weeks** GOAL TO ADVANCE *Full pain-free motion; pain <2/10*	Full active motion	None	Push-up plus on knees, prone extension, band punches. Week 12: band biceps curls*. Lift ≤10 lb
Phase V **13–16 weeks** GOAL TO ADVANCE *ER/IR strength ≥85% of other side*	Full; maintain	None	Rotator cuff at 90°, T/Y/W, wall push-ups, diagonal patterns; begin plyometrics with physician clearance
Phase VI **4–6 months** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	None	Interval throwing and sport-specific program; return to sport at about 6 months**

NOTES

*Protect the biceps anchor: no active elbow bending until week 7 and no resisted biceps until week 12

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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