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

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SLAP Tear

NON-OPERATIVE REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	ACTIVITY	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Pain controlled; motion improving*	Pain-free motion in all planes; posterior capsule stretching (sleeper, cross-body) to restore internal rotation*	Rest from throwing, overhead lifting and heavy biceps loading. No sling needed	Scapular setting and retraction, gentle rotator cuff isometrics, posture work; ice
Phase II **2–6 weeks** GOAL TO ADVANCE *Full pain-free motion; IR equal to other side*	Full; continue sleeper and cross-body stretching	Daily activities as tolerated; no throwing	Band ER/IR at side, side-lying ER, prone rows, T/Y/W, serratus punch, rhythmic stabilization. Light biceps curls when pain-free
Phase III **6–12 weeks** GOAL TO ADVANCE *ER/IR strength ≥90% of other side; no pain with testing*	Full; maintain	Gym program with modified lifts (no behind-the-neck press or pulldown)	ER/IR at 90° abduction, diagonal patterns, push-up progression, plyometrics (two-hand → one-hand ball throws), core and leg strength
Phase IV **12+ weeks** GOAL TO ADVANCE *Pain-free interval program*	Full without discomfort	Interval throwing or sport program; return to full sport**	Continue maintenance strengthening and stretching 2-3 times per week

NOTES

*Loss of internal rotation and tight back of the shoulder increase stress on the labrum and biceps anchor in throwing

**If approved by physician. Phases advance by meeting the goals, not the calendar. If symptoms persist after about 3 months of therapy, follow up to discuss other options