



ARTHROSCOPIC SLAP REPAIR POST-OP REHABILITATION PROTOCOL

Mauricio F. Herrera, MD

305-595-1317

drsports@me.com

www.herreriasportsmedicine.com

Stage I (0 to 4 weeks)

- A. Shoulder sling: wear for 4 weeks. May remove for dressing, hygiene and tabletop use of hand/wrist/elbow. Possibly start shoulder PROM
- B. Exercises: Pendulum (2-3 x/day), elbow ROM

Stage II (4-12 weeks)

- A. Start physical therapy at 0-4 weeks post-op
- B. P/AAROM/AROM program: 1-2x/day until full active and passive ROM
GOAL: Full AROM at 10 weeks post-op
- C. Strengthening: Isotonic exercises per shoulder exercise sheet
 - 1. Perform once per day, 4 days per week
 - 2. All exercises pain-free ROM only!
 - 3. Utilize free weights only except Thera-Band with internal rotation by side of body
 - 4. High repetitions, low resistance
 - a. Repetitions: 20-40 before adding/progressing weights
 - b. Start against gravity only - progress as tolerated to:
 - 2 oz. (butter knife)
 - 4 oz. (tuna can)
 - 8 oz. (soup can)
 - 1# weight
 - 2# weight, etc.
 - c. **GOAL:** Thrower/Pitcher: 5-8% of body weights times 50 reps
General Rehab Candidate: 2-3% of body weight times 50 reps

Stage III (3-6 months)

- A. Overhead lifting/traction (pull-ups) as tolerated at 4 months
- B. Throwing activity: start 4 months post-op. Follow functional progression per IAM protocol. Full throwing status at 6-8 months
- C. Contact activities: can start at 4 months post op