

**SLAP Repair  
Physical Therapy Protocol  
Dr. Allan Hunt**

**Phase I 0-6 Weeks**

Educate the patient on self-care/hygiene, supporting shoulder with sling/abductor support, warning signs including fever, erythema and excessive/unrelenting pain

Ice 3-5 times per day for 15 minutes each, especially after therapy

May eat, type, write, brush teeth with sling in place

Sling on at all times with abductor pillow for full 4 weeks

Codman's exercises 3-5 times per day for 10-15 minutes each- *flexion and extension plane only*

AROM wrist and hand, scapular squeezes

AAROM IR behind back may begin following 1<sup>st</sup> post-op visit

Ice and NSAIDs after physical therapy and exercises

**\*\*No active or passive abduction, extension or external rotation for full 6 weeks\*\***

**\*\*No isolated biceps contractions or biceps strengthening**

**Phase II 6-12 Weeks**

Recheck with surgeon at 6-8 weeks

Start PROM/AROM all planes

Joint mobilization all planes PRN

Free weight rotator cuff strengthening all planes (No Theraband)

Encourage home exercise program

**Phase III 12 weeks to discharge**

Progress to more active strengthening, power and endurance to patient's tolerance

Capsular stretching

Full AROM, progressing to full scapular and glenohumeral strength in all planes

Return to clinic at 5 months after procedure