



Slap Tear Protocol for Types II And IV Protocol
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WEEKS 1-2

- Passive and Active assisted ROM only
- ROM limitation:
 - Passive flexion to 90 degrees
 - External rotation 0-15 degrees by week 1; 0-30 degrees by week 2
 - Internal rotation as tolerated in the scapular plane
 - Assisted elbow flexion and extension in standing
 - Active finger, wrist and radial ulna

GOALS: Protect surgical repair, initiate ROM, and prevent adhesions, decrease pain and inflammation

WEEK 3

- Passive and active assisted ROM limitations
 - Flexion to full elevation
 - Abduction to 130 degrees
 - External rotation to 35 degrees
 - Internal rotation to full range by week 6

GOALS: Gradual increase in ROM and pain control

WEEKS 4-6

- Strength
 - Initiate isometrics
 - Progress to IR/ER to neutral with tubing
 - Initiate forward flexion, scaption and empty can

- Initiate side lying ER and triceps strengthening
- Push up progression
- Serratus anterior strengthening
- Scapular retraction with resistance
- Initiate light bicep curls by week 5

GOALS: Gradual increase in ROM and enhanced upper extremity strength

WEEKS 6-12

- Range of Motion
 - Continue all ROM activities previously prescribed
 - Posterior capsule stretching
 - Towel stretch for IR
 - Rope/pulley/wand activities
 - Manual Stretching
- Strength
 - Continue all strengthening from previously prescribed
 - Increase resistance and repetitions
 - Initiate 2 handed ball toss activities
 - Initiate PNF patterns with theraband
 - Initiate IR/ER exercises in 90 degrees abduction

GOALS: Full ROM, improved strength

WEEKS 12-24

- Range of Motion
 - Continue all appropriate ROM previously prescribed
 - Joint mobs as needed for full ROM
- Strength
 - Progress strengthening program with increase in resistance and high speed repetition
 - Initiate single arm toss
 - Initiate sports specific drills and functional tasks
 - Initiate interval throwing program week 16
 - Initiate weight training; Military press, bench press and lat pull downs

GOALS: Full ROM, initiate sports specific training/ functional training

This protocol provides the rehabilitation specialist with general guidelines for the rehabilitation of the patient undergoing a SLAP repair.

Questions regarding the progress of a specific patient are encouraged and should be directed to 952- 442-8201 or rehabprotocols@tcomn.com.