

Arthroscopic SLAP Repair Protocol
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Stage I (0-2 weeks):

- Exercises performed independently at home
- Sling should be worn for 4 weeks – Remove for dressing, hygiene, and tabletop use of hand, wrist, and elbow
- Exercises:
 - Pendulums 4-5 times per day
 - Elbow ROM
 - Tennis ball for grip
 - Co-contraction of biceps/triceps at 0°, 30°, 60°, 90°, and 120°

Stage II (2-12 weeks):

- Start PT at 2 weeks post-op
- Full ROM at 8 weeks
- Stretching/ROM (2 times per day) – careful incremental ROM restoration in the hypermobile patient
 - Pendulum exercises to warm up
 - Four corner stretch
 - AAROM (wand exercises) in all movements – Full ROM as tolerated (minimal pain only)
 - Avoid adduction with forward flexion until 3 months
- Strengthening (begin at 6 weeks) – Pain free ROM only (once a day, 3-4 days per week)
 - Isometric exercises
 - Isotonic exercises – Strengthening exercises (1-8lbs as tolerated)
 - Perform with free weights only (No TheraBands – except internal rotation w/ 6lbs)
 - Repetitions: 20-50 repetitions before progressing to weights
 - Emphasize high repetitions, low weights
 - Start against gravity without weight (progress as tolerated)
 - Maintain arm at side of the body for all resistance training
 - Goals:
 - Overhead athlete: 3-5lbs x 50 repetitions
 - General rehab candidate: 1-3lbs x 50 repetitions
 - Progress weight as tolerated – pain free
 - Address scapular stabilization exercises as needed

Stage III (3-6 months):

- Return to activity:
 - Overhead lifting/traction (pull-ups) as tolerated at 4 months

- Throwing activity: start 4 months post-op
- Contact activities: start 4 months post-op if PT goals have been met
- Swimming: start 4 months post-op
- Maintenance:
 - Continuation of isotonic strengthening exercises should be encouraged (1-2 times per week for 3-6 months)

This protocol provides general guidelines for the post-operative rehabilitation of the patient following arthroscopic SLAP repairs. Specific changes in the program may be made by the physician as appropriate for individual patients.

If you have any questions or concerns, please contact Dr. Saterbak's office at 651-351-2618 or SaterbakAcareteam@tcomn.com