



## TJ Ridley, MD

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### Arthroscopic SLAP Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Pain free PROM to limits above</li> <li>Avoid biceps loading. No resisted biceps x 6 wks</li> </ul>	<ul style="list-style-type: none"> <li>Ultrasling x 6 wks</li> </ul>	<ul style="list-style-type: none"> <li>Passive forward flexion to 90 deg</li> <li>Passive motion in scapular plane to 70 deg</li> <li>Passive ER to neutral</li> <li>Passive abduction to 45 degrees</li> <li>Full AROM of wrist and elbow</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic               <ul style="list-style-type: none"> <li>Stationary bike x 30 mins</li> <li>Easy walking on level surface x 30 mins</li> </ul> </li> <li>Strength               <ul style="list-style-type: none"> <li>Wrist and grip only</li> <li>No resisted elbow flex/sup x 6 weeks</li> </ul> </li> <li>Modalities               <ul style="list-style-type: none"> <li>IFC and ice x 20 mins</li> </ul> </li> </ul>
<b>Phase 2 (3-4 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Passive ROM to limits above, DO NOT EXCEED 45 degrees of ER at side</li> </ul>	<ul style="list-style-type: none"> <li>Ultrasling x 6 wks</li> </ul>	<ul style="list-style-type: none"> <li>Progress passive ff-150, scapular 150, abd-100</li> <li>Progress passive external rotation from neutral to 20 degrees</li> <li>Avoid biceps loading</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic               <ul style="list-style-type: none"> <li>Same as above progress to 45-60 mins</li> </ul> </li> <li>Strength               <ul style="list-style-type: none"> <li>Start gentle isometric exercises for extension, ER, IR, ABD</li> <li>Start scapula PNF</li> <li>No resisted elbow flex/sup x 6 weeks</li> </ul> </li> </ul>
<b>Phase 3 (5-6 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Achieve full PROM</li> </ul>	<ul style="list-style-type: none"> <li>Ultrasling x 6 wks</li> </ul>	<ul style="list-style-type: none"> <li>Progress to Full PROM</li> <li>Start AAROM and progress to full AROM</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic               <ul style="list-style-type: none"> <li>Start treadmill x 60 mins</li> </ul> </li> <li>Strength               <ul style="list-style-type: none"> <li>Begin gentle scapular strengthening</li> <li>Deltoid isometrics</li> <li>Shoulder pinches/shoulder shrugs</li> <li>Side lying protraction and retraction of shoulder</li> </ul> </li> </ul>

<p><b>Phase 4 (7-12 weeks)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Full A/PROM</li> <li>• Normal scapulothoracic motion</li> </ul>	<ul style="list-style-type: none"> <li>• D/C Ultrasling at 6 week mark</li> </ul>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic <ul style="list-style-type: none"> <li>○ Versaclimber, Stairmaster</li> <li>○ May start running</li> <li>○ Rowing machine</li> <li>○ UBE</li> </ul> </li> <li>• Strength <ul style="list-style-type: none"> <li>○ Start progressive resisted theraband exercises in various planes</li> <li>○ Start body blade at neutral position</li> <li>○ Rotator cuff strengthening</li> <li>○ Posture control</li> </ul> </li> </ul>
<p><b>Phase 5 (13-16 weeks)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Restore full strength</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM</li> <li>• Joint mobs grade 3 or 4</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic <ul style="list-style-type: none"> <li>○ Versaclimber, Stairmaster</li> <li>○ May start running</li> <li>○ Rowing machine</li> </ul> </li> <li>• Strength <ul style="list-style-type: none"> <li>○ Diagonal rotator cuff exercises</li> <li>○ External and internal rotation at 90 degrees with cable</li> <li>○ Push-up progression</li> <li>○ Plyometric exercises</li> <li>○ Progress body blade (ff-90, abd-90 diagonal)</li> </ul> </li> </ul>
<p><b>Phase 6 (&gt;17 weeks)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Ability to perform push-ups, pull-ups, swim</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM</li> <li>• Joint mobs grade 3 or 4</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic <ul style="list-style-type: none"> <li>○ Rowing</li> <li>○ May start swimming</li> </ul> </li> <li>• Strength <ul style="list-style-type: none"> <li>○ Start throwing progression (short to long)</li> <li>○ Military press</li> <li>○ Lat pull downs</li> </ul> </li> </ul>

**RETURN TO FULL ACTIVITIES:**

3-4 Months

**CRITERIA TO RETURN TO FULL ACTIVITY:**

Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

**PRECAUTIONS:**

None