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Rehabilitation Protocol: Arthroscopic SLAP Repair

Phase I (Weeks 0-4)

- Sling immobilization at all times except for showering and rehab under guidance of PT
- Range of Motion — AAROM 4 AROM as tolerated
 - + Restrict motion to 40° of Forward Flexion, 40° of External Rotation and Internal Rotation to stomach
 - + No Internal Rotation up the back/No External Rotation behind the head
- Therapeutic Exercise
 - + Wrist/Hand Range of Motion
 - + Grip Strengthening
 - + Isometric Abduction, Internal/External Rotation exercises with elbow at side
 - + No resisted Forward Flexion/Elbow Flexion (to avoid stressing the biceps origin)
 - + Heat/Ice before and after PT sessions

Phase II (Weeks 4-6)

- Discontinue sling immobilization
- Range of Motion — Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- Therapeutic Exercise
 - + Advance isometrics from Phase I to use of a theraband within AROM limitations
 - + Continue with Wrist/Hand Range of Motion and Grip Strengthening
 - + Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
 - + Gentle joint mobilization
 - + Modalities per PT discretion

Phase III (Weeks 6-12)

- Range of Motion — Progress to full AROM without discomfort
- Therapeutic Exercise — Advance theraband exercises to light weights (1-5 lbs)
 - + 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - + Continue and progress with Phase II exercises
 - + Begin UE ergometer
 - + Modalities per PT discretion

Phase IV (Months 3-6)

- Range of Motion — Full without discomfort
- Therapeutic Exercise — Advance exercises in Phase III (strengthening 3x per week)
 - + Return to throwing at 4.5 months
 - + Return to sports at 6 months if approved
 - + Modalities per PT discretion