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Rehabilitation Guidelines: Arthroscopic SLAP Repair

Post-op	Precautions	Therapy
0-3 weeks	<u>PROM only:</u> ER: 30, IR: no limit FE: 90, Abduction: 90 Extension: neutral Wear sling at all times for 4 weeks except for therapy and hygiene	<ul style="list-style-type: none"> • Pendulums • C-spine, elbow, wrist, hand AROM • Submaximal isometrics with arm at side • Modalities as needed for pain control
3-6 weeks	Progress to full PROM in all planes except ER	<ul style="list-style-type: none"> • Initiate AAROM • Scapular stabilization • Advance isometrics
6-12 weeks	Exercise bands for 1 st 4 weeks of strengthening	<ul style="list-style-type: none"> • Strengthening with bands/advance to light weights • Initiate ER @90° abduction • Closed chains as tolerated
12-16 weeks	Light throwing only	<ul style="list-style-type: none"> • Free weights (bench press, lat pull downs, etc), Sport specific exercises
>16 weeks		<ul style="list-style-type: none"> • Start interval throwing program

This is only a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.

Return to sports is typically 4 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and can compromise the result of your surgery.

