

ORTHOPEDIC SURGERY & SPORTS MEDICINE

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SLAP REPAIR POST-OPERATIVE REHABILITATION GUIDELINES

0-6 WEEKS

Prom Only. No Pendulums, no pulleys, wand exercises. Sling support of operative upper extremity at all times.

6-12 WEEKS

Initiate AAROM. Begin pendulums, pulleys, wand exercises. No wall climbing. D/C sling.

12 WEEKS

Initiate AROM and progressive strengthening (low load, high repetition therapeutic exercises.) Initiate wall climbing.

All PROM, AAROM, and AROM are to be performed in FORWARD ELEVATION and EXTERNAL ROTATION only (NO ABDUCTION.)

FORWARD ELEVATION: raising UE in the plane of motion between forward flexion and scaption.

No limitation on internal or external rotation