



## **REHABILITATION PROTOCOL FOR SLAP REPAIR**

**Raj Bazaz, MD**  
**(303) 321-1333 or**  
**Toll free 1-888-900-1333 (outside Denver)**  
[www.western-ortho.com](http://www.western-ortho.com)

### **Weeks 0 to 3: Protective Phase**

**Sling:** At all times

#### **ROM Goals:**

**Forward Flexion:** Protected and progress to 90 degrees  
**Internal Rotation:** Protected and progress to 65 degrees  
**External Rotation:** Protected and progress to 30 degrees

#### **Therapeutic Exercises:**

**ROM:** Passive ROM to above goals/pendulums  
**Strengthening:** \*No biceps contraction allowed  
**Isometrics:** Submaximal rotator cuff isometrics  
**Isotonics:** Periscapular

### **Weeks 3 to 6: Early Strengthening**

**Sling:** Weaned

#### **ROM Goals:**

**Forward Flexion:** Progressed to 145 degrees  
**Internal Rotation:** Progressed to full  
**External Rotation:** Progressed to 65 degrees

#### **Therapeutic Exercises:**

**ROM:** Progress from passive to active assisted to above goals  
**Strengthening:** \*No biceps contraction allowed  
**Isometrics:** Maximal rotator cuff isometrics  
**Isotonics:** Periscapular, core strengthening

### **Weeks 6 to 12: Advanced Strengthening Phase**

**ROM Goals:** Progressed to full

**Therapeutic Exercises:**

**ROM:** Active

**Strengthening:** Gentle biceps contraction allowed, advanced scapular stabilization

**Isotonics:** Isotonics in functional ranges, integrate scapular stabilization and core strengthening

**Weeks 12 Plus: Function/Sports Return Phase**

**ROM Goals:** Full, pain free

**Therapeutic Exercises:**

**Strengthening:** Sports specific, plyometrics, advanced core integration