

## SLAP repair Post Op Rehab

### Weeks 1-6: Phase I

Sling immobilizer at all times except for showering and exercise

Exercises:

- Passive ER and extension to neutral
- Passive FF in scapular plane to 90
- Pain free submaximal deltoid isometrics
- AROM wrist and elbow
- Scapular pinches

### Weeks 6-10: Phase II

Sling immobilizer at all times except for showering and exercise

Exercises:

- Active assisted ER to 30 degrees until week 6
- Active assisted FF in scapular plane to 145°
- IR/ER submaximal pain free isometrics
- IR/ER isotonic strengthening beginning at 6 weeks
- Begin humeral head stabilization exercises
- Begin lat strengthening

### Weeks 10-14: Phase III

Exercises:

- Passive and active assisted FF in scapular plane and ER to full
- Aggressive scapular and lat strengthening
- Begin biceps strengthening
- Progress IR/ER to 90/90 position if required

### Weeks 14-18: Phase IV

Exercises: Continue full upper extremity strengthening program

- Begin activity specific plyometrics program
- Begin sport or activity related program

Begin throwing program (separate hand out)