ARTHROSCOPIC
SLAP REPAIR PROCEDURE
PHYSICAL THERAPY PROTOCOL

WEEK 0-3
- Pendulums, ROM elbow, wrist and hand
- PROM: scapular plane elevation to 90dg; ER to 40 dg
- Scapula AROM: elevation and retraction

WEEK 3-4
- PROM: scapular plane elevation to 140dg; ER to 60dg; IR
- AAROM: scapular plane elevation and ER to above limits
- Pulleys
- Scaption isometrics @ 30dg (against gravity)

WEEK 4-6
- PROM: scapular plane elevation to 165dg; ER to 70dg
- AROM: scaption- supine @ 4wks, standing @ 5wks
- Sidelying ER
- Bodyblade: scaption @ 0dg, ER/IR - * not aggressive*
- Dynamic weightbearing on ball (bilateral)

WEEK 6-8
- PROM: scapular plane elevation to full; ER to FULL
- ER/IR with resistive tubing
- ER/IR standing with weight
- Resisted scaption
- Upper Body Ergometer
- PNF D2 diagonal – AROM to light resistance

WEEK 8-10
- PROM: to tolerance including cocking (ER @ 90dg ABD)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weightbearing on ball (unilateral)

WEEK 10+
- Rebounder cocking and backhand toss
- Push ups
- Increase speed of training
- Increase emphasis on eccentric control of cocking