



Arthroscopic SLAP Repair Rehabilitation

Phase I: Early postoperative phase (weeks 1 – 4)

Goals

- Protect the repair
- Mobilize shoulder, elbow, and wrist
- Begin passive shoulder ROM

Brace/Modalities

- Postop shoulder immobilizer on at all times except for pendulum /ROM exercises
- Cryotherapy: ice 15 minutes, 4 times / day

Exercises

- ROM: Begin gentle shoulder PROM exercises week 2 (avoid internal rotation); gentle pendulum exercises; elbow, wrist stretching
- Isometrics shoulder strengthening, progress to light closed kinetic chain exercises
- Independent home exercises above, 4 times / day

Phase II: Intermediate Phase (weeks 5 – 8)

Goals

- Continue mobilizing shoulder
- Improve shoulder strength

Brace/Modalities

- Discontinue sling at 4 weeks

Exercises

- ROM: continue passive stretching with goal of F = 160⁰, ER = 60⁰, begin active ROM at 6 weeks
- Gentle, progressive cuff and periscapular strengthening exercises; initiate core strengthening
- **No resisted elbow or shoulder flexion exercises for 8 weeks!**
- Independent home exercises above, 4 times / day

Phase III: Advanced Phase (weeks 9 – 16)

Goals

- Full ROM
- Increase strength
- Independent self-directed exercise program

Exercises

- ROM: progress to full shoulder motion
- Continue shoulder strengthening, add light plyometrics; / scapular / core strengthening

Phase IV: Return to Function Phase (weeks 17–24)

Goals

- Normalize strength

Exercises

- Begin interval throwing program
- Golf short game

Criteria:

- Minimal pain
- Normal ROM
- Symmetrical shoulder strength