

SLAP Repair PT Protocol

- Sling for 5 weeks

Phase I – Passive (Weeks 1 to 5):

Weeks 1 to 3:

- Pendulums to warm-up
- Passive Range of Motion
- Supine to start and progress external rotation as tolerated
- Supine External Rotation - 0°
- Supine Forward Elevation – 90°
- No Internal Rotation

Weeks 4 to 5:

- External Rotation – Full
- Forward Elevation - Full

Phase II – Active (Weeks 6 to 7):

- Pendulums to warm-up
- Active Range of Motion with Terminal Stretch to prescribed limits.
- Supine → Seated External Rotation - (gradually increase to full by week 12)
- Supine → Seated Forward Elevation - (gradually increase to full by week 12)
- Internal Rotation – Full

Phase III – Resisted (Weeks 8 to 9):

- Pendulums to warm up and continue with phase 2
- External and Internal Rotation o Standing forward punch
- Seated rows
- Shoulder Shrugs
- Bear Hugs

Phase IV – Weight Training (Week 10):

- Avoid anterior capsular stress
- Keep hands within eyesight, Keep elbows bent.
- Minimize overhead activities
- No military press, pull-down behind head, or wide grip bench

Return to Activities:

- Computer: Early weeks
- Golf: 12 weeks (chip and putt only)
- Throwing Intervals: 16 weeks
- Tennis: 16 weeks (no overhead)
- Contact Sports: 6 months