

Arthroscopic SLAP Repair - Moderate Program

Name _____ DOS: _____
 Dr. Alexander Strassman, DO DX: _____

	Week/month	Week														
	Protection (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions	DATE															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	ER: Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	IR: Pendulums	●	●	●	●	●	●									
	ABD: AAROM			●	●	●	●									
	Begin Full AROM: Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
	Passive ROM															
	External Rotation	●	●	●	●	●	●									
	Forward Elevation & Scaption	●	●	●	●	●	●									
Sling	Abduction	●	●	●	●	●	●									
	Internal Rotation to Belt Line	●	●	●	●	●	●									
	Internal Rotation	●	●	●	●	●	●									
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
T.E.D. Hose 2 Weeks to prevent DVT	Active Assist ROM															
	Internal & External Rotation		●	●	●	●	●	●	●	●	●	●	●	●	●	
	Forward Elevation & Scaption		●	●	●	●	●	●	●	●	●	●	●	●	●	
	Isometrics-Light															
	Internal/External Rotation		●	●	●	●	●	●	●	●	●	●	●	●	●	
	Biceps**/Triceps					+	●	●	●	●	●	●	●	●	●	
	Active ROM															
	Sidelying External Rotation				●	●	●	●	●	●	●	●	●	●	●	
	Forward Elevation & Scaption (lawn chair progression)				●	●	●	●	●	●	●	●	●	●	●	
	ER				●	●	●	●	●	●	●	●	●	●	●	
Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Prone Lower Traps				●	●	●	●	●	●	●	●	●	●		
	Prone Extensions with ER				●	●	●	●	●	●	●	●	●	●		
	Open Chain Proprioception				●	●	●	●	●	●	●	●	●	●		
	Stretches															
	Door Jam Series					●	●	●	●	●	●	●	●	●	●	
	Towel Internal Rotation					●	●	●	●	●	●	●	●	●	●	
	Cross Arm Stretch					●	●	●	●	●	●	●	●	●	●	
	Sleeper Stretch					●	●	●	●	●	●	●	●	●	●	
	TV Watching Stretch					●	●	●	●	●	●	●	●	●	●	
	90/90 External Rotation Stretch							●	●	●	●	●	●	●	●	
Precautions 1. No resisted elbow flexion for 6 weeks 2. Avoid 90/90 stretching for 6 weeks	(ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)					●										
	Dressing					●										
	Washing/Showering					●										
	Computer with supported arm	●	●	●	●	●										
	Driving					●	●	●	●	●	●	●	●	●	●	
	Lifting up to 5 lbs.						●	●	●	●	●	●	●	●	●	
	Overhead Activity							●	●	●	●	●	●	●	●	
	Lifting greater than 5 lbs.							●	●	●	●	●	●	●	●	

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation							•	•	•	•	•	•	•	•	
Internal Rotation							•	•	•	•	•	•	•	•	
Punches with a Plus							•	•	•	•	•	•	•	•	
Sport Cord Rows**							•	•	•	•	•	•	•	•	
Prone Lower Trap							•	•	•	•	•	•	•	•	
Bicep Curls**							•	•	•	•	•	•	•	•	
Triceps Extensions							•	•	•	•	•	•	•	•	
Initial Push-up Plus							•	•	•	•	•	•	•	•	
Initial Closed Chain Stability							•	•	•	•	•	•	•	•	
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45°									•	•	•	•	•	•	
Bear Hugs									•	•	•	•	•	•	
External Rotation at 90°									•	•	•	•	•	•	
Statue of Liberty									•	•	•	•	•	•	
Advanced Push-up Plus									•	•	•	•	•	•	
Stability									•	•	•	•	•	•	
PNF with Resistance									•	•	•	•	•	•	
Decelerations									•	•	•	•	•	•	
Plyometric External Rotation									•	•	•	•	•	•	
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED															
NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS															
Skiing													•	•	•
Throwing Progression													•	•	•
Overhead and Serving Sports (tennis, volleyball)														•	•
Contact Sports (football, hockey, lacrosse)														•	•
Swimming														•	•



+++++