

SLAP REPAIR PROTOCOL

*****NO MYOFACIAL RELEASE OR AGGRESSIVE SCAR TISSUE MASSAGE AT ALL *****

	IMMOBILIZER	RANGE OF MOTION	EXERCISES
PHASE I 1-4 weeks	Sling for 4 weeks	No IR up the back; No ER behind the head ROM goals: 90° FF/20° ER at side	Heat before/ice after PT sessions No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
PHASE II 4-8 weeks	D/C sling	Increase AROM 140° FF/ 40° ER at side/ 60° ABD/ IR behind back to waist	Strengthening (isometrics/light bands) within AROM limitations Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc) Physical modalities per PT discretion
PHASE III 8-12 weeks		If ROM lacking, increase to full with gentle passive stretching at end ranges	Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
PHASE IV 3-12 Months			Only do strengthening 3x/week to avoid rotator cuff tendonitis Begin UE ergometer Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks. Begin sports related rehab at 3 months, including advanced conditioning Return to throwing at 4 ½ months Throw from pitcher's mound at 6 months MMI is usually at 12 months

Comments: