

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

SLAP Repair

Phase 0 – Quiet

Week 0-1:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – Passive

Week 1-3:

- *Pendulums to warm up beginning week 1*
- *Passive Range of Motion*
- Supine to start and progress external rotation as tolerated
- Supine External Rotation – 0 deg
- Supine Forward Elevation – 90 deg
- No Internal Rotation

Week 4-5:

- External Rotation – Full
- Forward Elevation - Full

Phase 2 – Active

Week 6-7:

- *OK to discontinue sling, Pendulums to warm-up*
- *Active range of motion with terminal stretch*
- 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 3 – Resisted

Week 8-9:

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation
- Standing forward punch
- Seated rows, Shoulder shrugs and Bear Hugs

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Weight Training

Week 10:

- Avoid anterior capsular stress
- Keep hands within eyesight, keep elbows bent, no long lever arms.
- Minimize overhead activities (below shoulder)
- (No Military press, pull-down behind head, or wide grip bench)

Return to Activity

Computer	Early weeks
Golf	3 months (chipping and putting), 4-5 months (full swing)
Throwing Intervals	4 months
Tennis	4 months
Contact Sports	6 months

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