



Name:		<b>Patient Flow Sheet</b>
Date of Surgery:		

## Arthroscopic SLAP Repair Rehab Protocol

Benedict Figuerres, MD

- **Phase I—Initial Phase (Weeks 0-4)**

**Date:** \_\_\_\_\_

- No rehab for 3 weeks
- Remain in sling for 4 weeks

- **Phase II—Passive Phase (Week 4)**

**Date:** \_\_\_\_\_

- Pendulums to warm-up
- Passive range of motion
- Supine external rotation (full)
- Supine forward elevation (full)
- Internal rotation (full)

- **Phase III—Active Phase (Week 5)**

**Date:** \_\_\_\_\_

- Pendulums to warm-up
- Active range of motion with terminal stretch to prescribed limits
- Supine-seated external rotation (full)
- Supine-seated forward elevation (full)
- Internal rotation

- **Phase IV—Resisted Phase (Week 6)**

**Date:** \_\_\_\_\_

- Pendulums to warm-up and continue with Phase III exercises
- External and internal rotation
- Standing forward punch

- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs

- **Phase V—Weight Training (Week 8)**

**Date:** \_\_\_\_\_

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No military press, pull down behind head, or wide grip bench)

- **Phase VI—Return to Activities**

- Computer: 2-4 weeks
- Golf: 8 weeks
- Tennis: 10 weeks
- Throwing Sports: 12 weeks
- Contact sports: 4 months