



ARTHROSCOPIC SLAP REPAIR POST-OP PROTOCOL

Ken Teter, MD
Tallgrass Orthopedics & Sports Medicine
TALLGRASSORTHOPEDICS.COM

Patient Name:
Date of Surgery:

Phase I (Initial Phase) - Weeks 0-4

No rehab for 3 weeks
Remain in sling for 4 weeks

Phase II (Passive Phase) - Week 4

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

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

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

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