

Arthroscopic Superior Labrum Anterior Posterior (slap) Tear Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	Active/Active-Assistive stretch to 40° of external rotation and 140° of forward flexion-internal rotation as tolerated.	Worn at all times except for hygiene and therapeutic exercise. May be taken off for activities of daily living; i.e. using mouse, phone, eat.	Hand, elbow, wrist, pendulum, ball squeezes, isometric abduction, external/internal rotation exercises with elbow at side. Avoid active elbow flexion for first 4 weeks.
PHASE II (4-6 WEEKS)	Increase forward flexion and internal/external rotation to full motion as tolerated.	Discontinue	Advance isometrics in Phase I to use of a theraband; continue with hand, elbow, wrist, pendulum and ball squeezes. Begin prone extensions, and scapular stabilizing exercises, gentle joint mobilization.
PHASE II (6-12 WEEKS)	Full range of motion	Discontinue	Advance theraband exercises to use of weights, continue with and progress exercises in Phase II. Begin upper body ergometer.
PHASE IV (12 WEEKS – 6 MONTHS)	Full range of motion	Discontinue	Advance exercises in Phase III. Begin functional progression to work/sport. Return to activity as tolerated.