



The Orthopaedic & Fracture Clinic

Arthroscopic SLAP Repair

Type II & IV

Phase I (Week 0 – Two Post Op)

- Sling use times two – four weeks (per MD.).
- Elbow – hand ROM.
- P-AAROM:
 - Flexion 0-60-75 degrees.
 - External rotation 0-15 degrees.
 - Internal rotation 0-45 degrees.
- Submax isometrics for shoulder musculature.
- Cold pack.
- Avoid active ER, extension, and abduction.
- No active bicep activities.

Goals:

- Protect repair.
- Diminish pain/inflammation.

Phase II (Week Three – Four Post Op)

- Discontinue sling use at four weeks.
- P-AAROM:
 - Flexion 0-90 degrees.
 - Abduction 75-85 degrees.
 - External rotation 25-35 degrees.
 - Internal rotation 55-65 degrees.
- Theraband ER-IR in neutral position shoulder.
- Continue isometric exercises.

Phase III (Week Five – Six Post Op)

- AAROM:
 - Flexion 145-150 degrees.
 - External rotation 45-55 degrees.
 - Internal rotation 55-65 degrees.
- Light strengthening exercises.
- Theraband ER-IR.
- Active abduction to 90 degrees, full can FF, prone row, prone horizontal abduction.

Phase IV (Week Seven – Nine Post Op)

- AAROM:
 - Flexion 0-180 degrees.
 - External rotation 0-90 degrees.
 - Internal rotation 0-75 degrees.
 - Isometric rotator cuff and shoulder exercises.
 - AROM bicep no weight.

Goals:

- Full AROM.
- Restore muscular strength and balance.
- Preserve integrity.