

S.L.A.P. Repair

Phase 1 (0-2 weeks)

- Sling immobilization at all times; hand, wrist, elbow exercises started

Phase 2 (2-3 weeks)

- Codman exercises, PROM 0-90 degrees flexion and abduction; external rotation in adduction to neutral; avoid extension of arm behind body for 4 weeks
- No external rotation in abduction because of peel-back mechanism
- Sling immobilization when not doing PROM regimen

Phase 3 (3-6 weeks)

- Discontinue sling and start progressive PROM to full as tolerated in all planes
- Begin passive posterior capsular and internal rotation stretching
- Begin passive and manual scapulothoracic mobility program
- Begin external rotation in abduction
- Allow use of operative extremity for light activities of daily living

Phase 4 (6-16 weeks)

- Continue all stretching and flexibility programs as above; ROM should be full
- Begin progressive strengthening of rotator cuff, scapular stabilizers, and deltoid
- At 10-12 weeks, biceps resistance and sports/work specific exercises instituted with goal of normal function at 4 months

For Throwing Athlete:Phase 5 (4-6 months)

- Begin interval throwing program on level surface (if applicable)
- Continue stretching and strengthening regimen, with particular emphasis on posterior capsular stretching

Phase 6 (6 months)

- Begin throwing from mound

Phase 7 (7 months)

- Allow full-velocity throwing from mound
 - Continue strengthening and posterior capsular stretching indefinitely