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**SLAP Repair – Rehabilitation Guidelines**

**0-4 weeks:**

<b>Goals:</b>	1) maintain proximal & distal strength & mobility 2) Pain relief 3) Limit capsular tightness
<b>Sling/ROM Guidelines:</b>	Wear sling 24/7 for 2 weeks 2-4 weeks, may be out of sling if sitting / around house
	PROM Goals : Flexion: 120°                      External Rotation: 0° Abduction 90°                      Internal Rotation: 45°
<b>Precautions:</b>	No ER past neutral No AROM X 4 weeks No 90/90 ER/Ab (x 6-8 weeks) No biceps work
<b>Treatment Strategies:</b>	IR/ER isometrics 30/30/30 &/or manual resistance (limited range) Pendulum AAROM—no ER past neutral Early serratus work (punch) Manual scapular stabilization Joint mobs—AC, SC, Scapula, GH if indicated
<b>Activity Guidelines:</b>	Stationary bike, Stairmaster, or Elliptical

**4-8 weeks:**

<b>Goals:</b>	1) Normal arthrokinematics 2) Posterior shoulder flexibility 3) Improved neuromuscular control/scapular stability 4) Improved ROM
<b>ROM/Sling Guidelines:</b>	Wean out of sling
	ROM by 8 weeks: Flexion 160°, abduction 150° ER to 65° (scapular plane). IR at 90° to 45°(at 0° to full)
<b>Precautions:</b>	No ER stretch beyond 90° at 90° abduction Smooth, controlled exercise; No ballistic work Caution with biceps

<b>Treatment Strategies:</b>	Begin AROM at 4 weeks post-op AAROM—care with 90°/90° until 6 weeks Posterior shoulder stretches PRE's/isotonic exercises—abd/scaption, IR/ER Rhythmic stabilization to end-ROM Begin biceps AROM at 4 weeks, PRE's at 6 weeks that use biceps as adjunct, and at 8 weeks isolated
<b>Activity Guidelines:</b>	Stationary bike Elliptical Stairmaster

**9-15 weeks:**

<b>Goals:</b>	1) Normal ROM 2) Normal rhythm & strength 3) Pain-free overhead activities
<b>Precautions:</b>	Careful with overhead & 90/90° work No ballistic exercise/activity
<b>Treatment Strategies:</b>	Sleeper stretches Prone cuff/Blackburn Closed chain exercise Advanced isotonic, tubing Moderate overhead activity
<b>ROM Guidelines:</b>	Within 10° of normal

**15-24 weeks:**

<b>Goals:</b>	1) Pain-free full ROM 2) Dynamic stability 3) Muscular endurance
<b>Treatment Strategies:</b>	Advanced functional exercise Full PRE program Pre-throwing