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ISOLATED SLAP REPAIR (Rehabilitative Guidelines)

Revised June 2018

Post-op Days 1 – 7

No PROM Dressing – POD 2: Change dressing, remove pain pump, keep wound covered
– POD 7-10: Sutures out – Physical Therapy or Ortho
Sling at all times – even while sleeping
(place pillow under shoulder while sleeping for comfort PRN)
Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Ice PRN

Goal – Pain control

Days 7 – 14

No PROM Continue sling
Resistive elbow/wrist exercises – no more than 3 lbs with shoulder in neutral
Modified pendulum exercises
Active ER to tolerance
Supine active IR to tolerance (pain-free)
Supine AAROM flexion to 90 degrees only
Supine AAROM abduction to 60 degrees only
1-2 Finger isometrics – 6 way
Stationary bike (must wear sling)

Goals

Supine AAROM: Flex 90 degrees, Abd 60 degrees
Pain control

Weeks 2 – 4

No PROM Continue sling for comfort/safety – D/C at 4 wks
Continue appropriate previous exercises
Supine AAROM flexion to 120 degrees and abduction to 90 degrees

Goals

D/C sling at 4 wks
Supine AAROM: Flex 120 degrees, Abd 90 degrees

Weeks 4 – 6

Continue appropriate previous exercises
Full pendulum exercises
Supine AAROM flexion to 150 degrees and abduction to 120 degrees
Initiate shoulder stabilization exercises
Submaximal isometrics

Goals

Supine AAROM: Flex 150 degrees, Abd 120 degrees

Weeks 6 – 9

No running AAROM to full range, may begin pulleys
PROM, AROM as tolerated
UBE 10 mins forwards and 10 mins backwards at low resistance
Rotator cuff strengthening with Theraband:
ER and IR arm at side with rolled towel in axilla
Flexion to 90 degrees
Scaption to 90 degrees
Extension to 30-40 degrees
Empty can to 60 degrees
Shoulder shrugs
Standing rows with Theraband
Push-up plus against wall
Body Blade
Ball toss with arm at side
Stairmaster
Elliptical trainer
Treadmill – Walking program
Begin Pool walking/jogging

Goals

Full AROM
Near normal rotator cuff strength



Weeks 9 – 12

PROM as needed to regain full ROM if not already achieved
Continue appropriate previous exercises – increase resistance of Theraband
Rowing on Total Gym level 1-2 (arms at sides and 45 degrees)
Push-up progression – Wall to table
Treadmill – Running progression program

Goal – Rotator cuff strength WNL

Months 3 – 6

Continue appropriate previous exercises
May begin weight training – No overhead press or pull downs, No lateral lifts
Continue push-up progression – Table to chair to knees to regular
Stabilization/Proprioception exercises
– BAPS, Fitter, overhead ball toss, ball against wall
Begin outdoor running program

Goals

Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op