

Arthroscopic SLAP Protocol

ULTRA-SLING for 4 weeks at all times

- Week 1** Pendulum Exercises
Elbow / Wrist / Hand Range of Motion
- Week 2-4** Passive Range of Motion:
Forward Flexion as tolerated to 90
External Rotation to 30
Internal Rotation to Beltline
Abduction RESTRICTED TO 45
Gentle Isometric exercises in all planes with neutral internal/external rotation
Stationary Bike
- Week 4-6** Passive and Active Assisted Range of Motion in:
Forward Flexion to full
External Rotation PAST NEUTRAL to full
Internal Rotation to full
Abduction PAST 45 to full
- Week 6** Full Rehab as Tolerated
Resistance Exercises
External and Internal Rotation
Standing Forward Punch
Seated Rows
Shoulder Shrugs
Bear Hugs
Elliptical and light jogging.

Weight Training Activity (week 8 and beyond)

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activity
(avoid military press, lat pull-down behind head, wide grip bench-press)
- Initiate interval throwing program at 16 weeks

Return to Activity Guidelines

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| Computer / Typing | 1 week |
| Golf | 8 weeks |
| Tennis | 12 weeks (No overhead activity till 4 months) |
| Contact sports | 4-5 months (overhead athletes full activity 7-9) |