

## Arthroscopic SLAP Repair Type II & IV

### REHABILITATION PROTOCOL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Surgery: \_\_\_\_\_ Surgery Date: \_\_\_\_\_

#### Week 0 -2

#### Goals:

1. Sling use x 204 weeks (per MD)
2. Elbow – hand ROM

Protect repair  
Diminish pain/inflammation

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

#### Week 3 – 4

1. Discontinue sling use at 4 weeks

P-AAROM      Flexion 0 – 90 degrees  
Abduction 75 – 85 degrees  
External rotation 25 – 35 degrees  
Internal rotation 55- 65 degrees

Thera-Band ER – IR in neutral position shoulder  
Continue isometric exercises

#### Week 5 – 6

#### Goals:

AAROM      Flexion 0 – 180 degrees

Full AROM

External rotation 0 – 90 degrees  
Internal rotation 0 – 75 degrees

Restore muscular strength  
and balance  
Preserve integrity

Isometric rotator cuff and shoulder exercises  
AROM bicep no weight