

Superior Labral (SLAP) Repair Physical Therapy Protocol

David P. Trofa, M.D.

Assistant Professor of Orthopaedic Surgery, Columbia University Medical Center

Chief of Sports Medicine, New York-Presbyterian Westchester

Director of Clinical Outcomes, Department of Orthopaedic Surgery

Head Team Physician, Columbia University

www.DavidTrofaMD.com

Patient Name: _____

Date of Surgery: _____

Phase I

(0-1 wks): *Period of protection*

- **Weightbearing:** Non weight bearing.
- **Sling:** To be worn at all times except hygiene and PT.
- **Home exercises only:** Pendulums, elbow and wrist ROM, grip strengthening

(1-4 wks): *Initiate formal PT (2-3x/wk)*

- **Weightbearing:** Non weight bearing.
- **Sling:** To be worn at all times except hygiene and PT.
- **ROM:** Restrict motion to 90° FF, 20° ER at side, IR to stomach, 45° abduction. No IR up the back or ER behind the head. Forward flexion should not be combined with cross-body adduction.
 - **Progress PROM** → AAROM → AROM as tolerated within the limits above
 - Head before, ice after
- **Strengthening:**
 - Cuff/periscapular/deltoid isometrics in sling, within above motion limits
 - No resisted forward flexion or elbow flexion (biceps) until 6 weeks post-op to protect the biceps root.

Phase II (4-8 wks): *Progress to active motion and protected strengthening.*

- Discontinue sling
- **Weightbearing:** Non-weight bearing until 6 wks – see below for strengthening guidelines
- **ROM:** Progress AROM to 140° FF, 40° ER with the arm at the side, 60° abduction, IR behind the back to waist.
- **Strengthening:**
 - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits. Do not begin light bands for forward flexion or elbow flexion until after 6wks.

- Modalities as per PT discretion

___ **Phase III (8-12 wks): Advance ROM and more aggressive strengthening**

- **Weightbearing:** WBAT for ADLs
- **ROM:** Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 wks if not at full motion.
 - Goal: full ROM by 2.5 months
- **Strengthening**
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) with 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers. Only perform 3x/wk to avoid cuff tendonitis

___ **Phase IV (3-12 mo): Progress to sport/occupation-specific rehab**

- **ROM: Aggressive passive stretching at end ranges if full motion not yet achieved**
- **Strengthening**
 - Continue bands/light weights as above, 3x/wk.
 - Begin eccentrically resisted motions, plyometrics (weight ball toss), proprioception (body blade) and progress to sport-specific/job-specific exercises by 4 months.
 - Return to collision sports (hockey, football, soccer): 6 months.
 - **Throwers:**
 - @ 4.5 months, may begin light-tossing if full-strength and motion
 - @ 6 months, throw from the pitcher's mound
 - Work
 - Overhead work without lifting: 4.5-6 months
 - Can resume heavy labor once full strength achieved