



REHABILITATION PROTOCOL

Shoulder Arthroscopy / SLAP Repair

Patient Name: _____

Date of Surgery: _____

Surgery Details: _____



Phase 1 (0-4 weeks)

- **Weight-bearing:** Sling immobilization at all times except for showering and rehab under guidance of PT.
- **Range of Motion:** PROM
 - Goals: 0-90° of Forward Flexion, 30° of External Rotation at side, Internal Rotation to stomach
 - No Internal Rotation up the back and No External Rotation behind the head
- **Therapeutic Exercises:**
 - Wrist/Hand Range of Motion
 - Grip Strengthening
 - Isometric Abduction, Internal/External Rotation exercises with elbow at side
 - No resisted Forward Flexion or Elbow Flexion (to avoid stressing the biceps origin at the SLAP)
- Modalities as per PT discretion in each phase of rehab.



Phase 2 (4-6 weeks)

- **Weight-bearing:** Discontinue sling. Begin to progress weight-bearing and AROM with the affected arm
- **Range of Motion:** Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- **Therapeutic Exercises:** As tolerated.
 - Advance isometrics from Phase I to use of a Theraband within AROM limitations
 - Continue with Wrist/Hand Range of Motion and Grip Strengthening
 - Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
 - Gentle joint mobilization



Phase 3 (6-12 weeks)

- **Range of Motion:** Progress to full AROM without discomfort.
- **Therapeutic Exercises:** Advance theraband exercises to light weights (1-5 lbs)
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Begin gentle biceps contraction
 - Continue and progress with Phase II exercises
 - Begin UE ergometer



Phase 4 (3-6 months)

- **Range of Motion:** Full ROM without discomfort.
- **Therapeutic Exercises:** Advance exercises in Phase III (strengthening 3-5x per week)
 - Sport/Work specific rehabilitation
 - Return to throwing at 4.5 months
 - Return to sports at 6 months if appropriate and advised by Dr. Ghattas.

Comments: AVOID anterior apprehension position (Abduction/External Rotation) until full ROM in FE/ER/IR

Physician Comments:

Paul J. Ghattas, D.O.