



# SIU MEDICINE

## ORTHOPEDICS

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### **NON-OP SHOULDER POST-OPERATIVE SLAP REPAIR REHAB GUIDELINES**

**Diagnosis/Surgery:** \_\_\_\_\_

#### **PHASE 1: WEEKS 0-4**

##### **Goals:**

1. Protect repair
2. Decrease pain
3. Reduce swelling/inflammation

##### **Activity:**

1. Sling for 4 weeks at all times (sling while sleeping)
2. Cryotherapy
3. Elbow, wrist, hand ROM exercises
4. No shoulder elevation, only supine FE<90°
5. No active ER, abduction, or extension
6. PROM 25° ER and ER at 0° of glenohumeral abduction  
Rest elbow on supporting surface and use other hand to passively rotate arm in and out
7. No isolated biceps contractions/resistance, avoid torque

#### **PHASE 2: WEEKS 4-8**

##### **Goals:**

1. Protect repair
2. Decrease pain
3. Gradually progress PROM to achieve full by 8 weeks but NOT sooner

##### **Activity:**

1. Wean sling at week 4-6
2. Gradually improve ROM  
Flexion to 145°  
Begin ER at 45° abduction to 45-60° and progress at 90° abduction to 30-40°  
Begin gentle abduction to 90°

3. Initiate stretching exercises
4. No biceps strengthening
5. Scapula stabilization
6. Isometrics

### **PHASE 3: WEEKS 8-11**

#### **Goals:**

1. Gradually restore full AROM – goal is full by week 12
2. Restore muscular strength and balance

#### **Activity:**

1. Rotator cuff/scapular strengthening
2. Light biceps strengthening
3. Continue stretching exercises
4. Progress ER to throwers motion

### **PHASE 4: >3 MONTHS POST-OP**

#### **Goals:**

1. Advance proprioceptive activity
2. Functional activities
3. Gradual return to sports participation at 4 months

#### **Activity:**

1. Continue stretching/strengthening
2. Endurance training
3. Light plyometrics  
Restricted sports activities including light swimming and half golf swings
4. Sport specific training  
Throwers interval program

#### **Weeks 15-20**

Ok to return to contact sports or heavy labor at 20 weeks if patient has full non-painful ROM, satisfactory static stability, muscular strength 75-80% contralateral side, and no pain/tenderness

#### **Weeks 20+**

Ok to return to pitching if successfully completes interval throwing program without pain and has full functional ROM, satisfactory stability, and no pain/tenderness

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Date