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## **SLAP/labral-repair Protocol**

<b>TIME POST-OP</b>	<b>ACTIVITY</b>	<b>RANGE OF MOTION</b>	<b>STRENGTHENING</b>
0 – 3 weeks	Immobilizer full time, including <u>night-time</u> for 3 weeks	Wrist and elbow ROM	Gripping exercises
After 3 weeks <i>Follow-up with M.D. at 8-15 days after surgery</i>	Gentle assist ROM,	Passive ER to 10 degrees, passive FWD elevation in plane of scapula to 90 degrees	Begin gentle isometrics in neutral shoulder position (“1 finger isometrics”)
4 weeks	Same as above	Passive ER to 20 degrees. Passive FE to 140 degrees	Gradually progress resistance with isometrics
4 – 6 weeks <i>Follow-up with M.D. at 6 weeks</i>		Begin pulleys at 4 weeks cane and pulley AAROM. ER to 20-30 degrees FE to 160 degrees AROM by 6 weeks	Gravity eliminated exercises progressing to anti-gravity exercises
6 – 12 weeks <i>Follow-up with M.D. at 3 months and thereafter at the direction of M.D.</i>	Begin light use of arm. Jogging allowed at 3 months.	ER to 50 degrees. FF to 180 degrees.	Rubber tubing for IR and ER. Light weights
12 weeks – 6 months	No heavy overhead lifting, overhead throwing or contact sports. May begin swimming. No overhead strokes	ER progressed according to functional requirements	Progressive rotator cuff and shoulder girdle strengthening
6 – 9 months	May begin overhead activities. Progress to unrestricted activities. Begin preparing for PRT etc. OK for progressive throwing.	Progress as directed	Progressive resistive exercise (PRE)