



CONCORD ORTHOPAEDICS

SLAP LESION REPAIR

Rehab Protocol # 15

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- Elbow flexion/extension encouraged immediately post-op
- Sling is worn at all times (other than exercises) for 3-4 weeks post-op

WEEK 1:

- Sling immobilization
- Elbow flexion/extension
- Hand intrinsic strengthening and C-spine ROM as well

WEEKS 2 – 3:

- Codman's/Pendulum exercises begin
- PROM: 0-90 of abduction, ER in adduction only and only to neutral
- **NO** external rotation in abduction
- Sling immobilization at all other times

WEEKS 3 – 6:

- Wean from sling at end of four weeks
- PROM to tolerance in all planes
- Begin passive posterior capsular and IR stretching
- Begin passive and manual scapulothoracic mobility program
- Operative extremity for light activities of daily living after 4 weeks

WEEKS 6 – 12:

- Continue stretching and flexibility exercises
- ER in abduction stretching now OK
- Begin strengthening of rotator cuff, scapular stabilizers, and deltoid
- **DO NOT** begin biceps strengthening until 8 weeks post-op

THROWING ATHLETES:

- Interval throwing can begin at 4 months
- Emphasis on posterior-inferior capsular stretching
- No full velocity throwing until 7 months post-op