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Post-Operative Protocol- Superior Labral (SLAP) Repair

Patient Name: _____ Date _____

Diagnosis: _____ Date of Surgery: _____

_____ Provide patient with home exercise program

0-1 Weeks:

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Patient to remain in sling for 5 weeks

1-4 Weeks:

- No IR up the back; No ER behind the head
- ROM goals: 90° FF/20° ER at side
- No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
- Sling for 5 weeks
- Heat before/ice after PT sessions

5-8 Weeks:

- D/C sling
- Increase AROM 140° FF/ 40° ER at side/ 60° ABD/ IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc.)
- Physical modalities per PT discretion

8-12 weeks:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs.); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

3-12 Months:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometric (ex. weighted ball toss), proprioception (ex. body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months (see return to throwing protocol)
- Throw from pitcher's mound at 6 months (see return to throwing protocol)

_____ Other:

Modalities: _____ Electric Stimulation _____ Ultrasound _____ Heat before/Ice after

Frequency: _____ x/ week x _____ weeks

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