

**Blake M. Bodendorfer, MD**  
**1 Edmundson Place Suite 500**  
**Council Bluffs, IA 51503**  
**712-323-5333**  
**16221 Evans Plaza**  
**Omaha, NE 68116**  
**402-991-9958**

[bbodendorfer@millerortho.com](mailto:bbodendorfer@millerortho.com)  
[omahasportsdoc.com](http://omahasportsdoc.com)



## **SLAP (Superior Labrum Anterior and Posterior) Repair Rehabilitation Guidelines**

### **Week 0-1:**

- Patient to do Home Exercises given to the post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)

### **Weeks 1-4:**

- No IR up the back; No ER behind the head
- ROM goals: 90° FF/40° ER at side
- No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
- Sling for 4 weeks
- Heat before/ice after PT sessions

### **Weeks 4-8:**

- 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

### **Weeks 8-12:**

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

### **Months 3-12:**

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (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
- Throw from pitcher's mound at 6 months
- MMI is usually at 12 months

\*\*May require Functional Sports Assessment (FSA) 5-6 months post op for clearance to return to sport