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CENTER FOR
Advanced Orthopedics
AND SPORTS MEDICINE



Physical Therapy Prescription – SLAP Repair

Name: _____ Date: _____

Diagnosis: R / L shoulder SLAP Repair Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks, beginning 1 week after surgery

PHASE I (0-6 weeks):

Sling: May discontinue after 4 weeks

Range of Motion:

Weeks 1-2: PROM, AAROM including FF to 60°, ER to neutral with arm at side, IR to 45°
NO active ER, extension, or abduction

Weeks 3-4: PROM, AAROM including FF to 90°, ABD to 85°, ER at 30° of ABD to 30°, IR at 30° of ABD to 60°
NO active ER or extension

Weeks 5-6: PROM, AAROM including FF to 145°, ER at 45° of ABD to 50°, IR at 45° of ABD to 60°

Week 6: initiate gentle ROM at 90° of abduction, progress to 30° of ER

Grip Strength, Elbow/Wrist/Hand ROM

Begin cuff/deltoid isometrics at 2 weeks

Closed chain scapula

Avoid active biceps exercises and forceful extension x 8 wks during repair phase

Exercises: begin gentle isometrics at week 2; but no ER/IR

Weeks 3-4: begin scapular stabilizers (protraction, retraction) with arm in sling

Weeks 5-6: initiate active shoulder ABD (without resistance), “full can” exercises, prone rowing, prone horizontal abduction

Week 6: start biceps isotonic

Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

PHASE II (Weeks 7 – 14):

Range of Motion: increase as tolerated, goal is full ROM by week 10, full AROM by week 12

Week 10-11: Progress ROM to functional demands (ie, overhead athlete, throwing motions)

Exercises: continue Phase I; progress isotonic strengthening program, PNF strengthening, stretching

Weeks 7-9: Initiate Throwers Ten Program

Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 15 – 20):

Exercises: continue Phase II, advance as tolerated

Weeks 14-16: initiate light plyometric program

restricted sports activities including light swimming and half-golf swings

Week 16: initiate interval sport program (ie, throwing)

- Okay 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

Phase IV (Weeks 20+): Exercises: continue Phase III, advance as tolerated, progress interval sport programs

- Okay to return to pitching if completes interval throwing program w/o pain, has full ROM, no tenderness

Physician Signature: _____ Date: _____

For more orthopedic information and rehab protocols visit www.drsiwiec.com