



Thomas Obermeyer, M.D.



obermeyermd.com

O: 847-285-4318

F: 847-885-0130



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Rehabilitation Protocol: Arthroscopic SLAP Repair

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISES
PHASE I 0 – 4 weeks	A/AAROM Limit ER to 40° and forward flexion to 140° IR in scapular plane as tolerated Home stretching 3x/day	Worn at all times except for hygiene and therapy	Elbow/wrist/hand ROM, grip strength Pendulums, rope, pulley Isometrics: abduction, ER, IR, Ext exercises with elbow at side Modalities as needed
PHASE II 4 – 6 weeks	Increase forward flexion, IR/ER as tolerated with same limits	None	Advance Isometrics Therabands PREs for IR/ER/Ext Initiate scapular stabilization strengthening (Prone Rows, Ext, HABD) Modalities as needed
PHASE III 6 – 12 weeks	Progress to full active motion May add gentle PROM stretching at 8 weeks if needed Goal FROM by week 10-12	None	Advance Therabands May begin light weights UBE for strength and endurance Modalities as needed
PHASE IV 3 – 6 months	Full active and passive ROM	None	Begin functional sport/work specifics Plyometrics, proprioception Return to previous activity level*

*Patient may return to weight room at 3 months, if appropriate

*Patient may return to competitive sports, including contact sports by 4-6 months if approved by Dr. Obermeyer

*Throwing athletes may begin interval throwing program at week 16 if approved by Dr. Obermeyer