

Patient: _____ Date of Surgery: _____

Procedure: Right/Left SLAP Repair

Week 1: No formal PT. Sling at all times except for hygiene and pendulums if instructed. Home exercises of elbow and wrist ROM, grip strengthening and pendulums.

Phase I (1-4 wks): *Begin formal PT (2-3x per week)*

Weight bearing: NWB, ok for typing if in sling

Brace: Sling at all times. Pillow is optional for sling.

Ice: Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

ROM: Restrict motion to 90° FF, 20 deg ER at side, IR to stomach. No IR up back or ER behind head. No cross body adduction combined with FF. Advance PROM→AAROM→AROM as tolerated within limits.

Exercises: Cuff/periscapular/deltoid isometrics in sling within above limits. No resisted FF or elbow flexion (biceps) for 6 weeks postop to protect biceps root.

Phase II (4-12 wks): *Discontinue immobilization*

Weight bearing: < 5 lbs operative arm

Brace: Discontinue sling after 4 weeks.

ROM: Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 wks if not at full motion.

Exercises: Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)

Phase III (12 wks- 16 wks): *Progress with strength*

Weight bearing: Advance to tolerance.

ROM: No restriction, aggressive end range stretching if full motion not achieved.

Exercises: Continue bands/light weights as above, 3x/wk. Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sport-specific/job-specific exercises by 4 months.

Phase IV (16 wks to 6 mo): *Advanced activities, sport specific rehab*

Weight bearing: Full

Overhead Athletes: Light tossing at 4 months, 5 months may start pitching from mound if mechanics appropriate. Overhead light serves in tennis and volleyball at 4 months. Full release at 4.5-5 mo.

Work: Overhead heavy lifting can begin to tolerance at ~3 months. Heavy labor may take 4-6 months.

Frequency: _____x/week x _____weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

Dax Varkey MD, MPH

Date: _____