

## SLAP REPAIR

Post-op protocol for

**Mathew Taylor, M.D.**



Sling Use:

Sling for 4 weeks

Phase I: (Passive)

Week 0-3

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation – 0
- Supine Forward Elevation - 90
- Internal Rotation – beltline

Week 4

- Supine External Rotation – Full
- Supine Forward Elevation - Full
- Internal Rotation – Full

Phase II:  
(Active/Assistive)

Week 5

- Pendulums to warm-up
- Active Assistive Range of Motion with Terminal Stretch to prescribed limits
- Supine-Seated External Rotation - Full
- Supine-Seated Forward Elevation - Full
- Internal Rotation - Full

Phase III:  
(Resisted)

Week 6&7

- Pendulums to warm up and continue with phase 2
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Bicep Curls
- PRE's for Periscapular Strengthening

Weight Training:

Week 8

- Keep hands within eyesight, Keep elbows bent
- Minimize overhead activities  
(No Military press, pulldown behind head, or wide grip bench)

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

8 weeks

Golf – chip & put

4 months

Throwing Program  
Unrestricted golf  
Start full lifting program with PT / AT-C

6 months

Contact Sports