
PHYSICAL THERAPY REHAB PROTOCOL

SLAP + Anterior/Posterior Labral Repair

Rehab Protocol

Weeks 3–6: Phase I

Sling immobilizer at all times except for showering and exercise.

Exercises

- Passive ER to 45° and extension to neutral
- Passive FF in scapular plane to 140°
- Pain-free submaximal deltoid isometrics
- AROM wrist and elbow
- Scapular pinches

Weeks 6–10: Phase II

Sling immobilizer at all times except for showering and exercise. Can discontinue at 8 weeks.

Exercises

- Active assisted ER — no limits
- Active assisted FF in scapular plane to full
- IR/ER submaximal pain-free isometrics
- Manual scapular side-lying stabilization exercises

Weeks 10–14: Phase III

Exercises

- Active FF in scapular plane and ER/IR to full
- IR/ER/FF isotonic strengthening
- Scapular and lat strengthening
- Humeral head stabilization exercises
- Begin biceps strengthening
- Progress IR/ER to 90/90

Weeks 14–18: Phase IV

Exercises

- Continue full upper extremity strengthening program
- Begin activity-specific plyometrics program
- Begin sport- or activity-related program

These instructions are general guidelines from Dr. Tannenbaum's office. Always follow any specific instructions given to you by Dr. Tannenbaum or his team. Questions? Call Southern Indiana Orthopedics at (812) 376-9353.