

Arthroscopic SLAP Repair

Precautions: Sling 3-4 weeks

Phase I: (1-4 weeks)

Gentle pendulums, supine PROM as tolerated
Elbow/wrist/finger ROM exercises
Scapular isometrics

Phase II: (4-6 weeks) – Progressive Motion

Advance gentle PROM
Gentle pulleys / AAROM FF
Scapular stabilization

Phase III: (>6 weeks) – Full Motion

Full AROM/PROM Motion
Active and light resistance exercises as symptoms permit avoiding extreme ROM
Advance as tolerate