

SLAP (Superior Labral Antero-Posterior) Repair

Rehabilitation	
Immediate	<ul style="list-style-type: none"> <input type="checkbox"/> Sling 4 weeks <input type="checkbox"/> Postural and scapula setting <input type="checkbox"/> Neck, elbow, wrist & hand exercises
Day 1-3 Weeks	<ul style="list-style-type: none"> <input type="checkbox"/> Passive ROM exercises <input type="checkbox"/> Progress to active assisted closed chain exercises as tolerated <input type="checkbox"/> Ensure dynamic scapula and cuff control <input type="checkbox"/> Light proprioceptive exercises (limit weight bearing) <input type="checkbox"/> Early kinetic chain rehabilitation affected arm excluded
3-6 Weeks	<ul style="list-style-type: none"> <input type="checkbox"/> Discard sling <input type="checkbox"/> Progress to active ROM <input type="checkbox"/> Begin strengthening <input type="checkbox"/> Capsular stretches as required <input type="checkbox"/> Progress proprioceptive exercises <input type="checkbox"/> Ensure dynamic scapula and cuff control through range <input type="checkbox"/> Progress kinetic chain rehabilitation (short lever/closed chain)
6 Weeks +	<ul style="list-style-type: none"> <input type="checkbox"/> Address any capsular stiffness <input type="checkbox"/> Progress strengthening/increase resistance through range <input type="checkbox"/> Full kinetic chain rehabilitation

Sling	Don Joy Aircast/ Blue sling <3 weeks
Physiotherapy Follow Up	Within 2 weeks post op

Milestones	
Week 3	Can return to driving as comfortable, light lifting, sedentary work as comfortable
Week 6	Full active ROM, driving, swimming (all strokes), golf, manual work from 6 weeks (no heavy lifting).
Week 12	Full active ROM, full strength, return to contact sports, return to heavy lifting.

Patient Specific Instructions/Requirements