

## Protocol following Superior Labrum (SLAP) Repair for Dr. Michael Gerhardt

	Range of Motion*	Sling	Therapeutic Exercises**
<b>Phase I 0-4 weeks</b>	Active/Active-assist: Stretch to 40° ER and 140° of Forward Flexion. Internal Rotation as tolerated.	Sling to be worn at all times except for hygiene and exercises.	Wrist/Hand ROM, Grip strengthening, isometric abduction, external/internal rotation exercises with elbow at side, gentle elbow ROM.
<b>Phase II 4-6 weeks</b>	Increased Forward Flexion, Internal and External rotation to full motion as tolerated. Overhead athletes should focus on reaching maximal Internal Rotation.*	None	Advance isometrics exercises in Phase I to the use of Theraband. Continue with wrist/hand ROM and grip strengthening. Begin prone extensions, and scapular stabilization exercise, and gentle joint mobs.
<b>Phase III 6-12 weeks</b>	Progress to active full motion without discomfort. Teach good Posterior Capsule stretch technique in overhead athletes.*	None	Advance Theraband exercises to the use of weights. Continue with Phase II exercises and begin upper body ergometer.
<b>Phase IV 12 wks-6 months****</b>	Full motion without discomfort.	None	Advance exercises in phase III. Begin functional progression to work/sport, return to previous activity level.***

\*Patient is required to complete stretching exercises 3 times per day.

\*\* 6-8 weeks is required for healing of biceps labrum, therefore avoid activities that stress the repair (active biceps exercises)

\*\*\*Patients may return to weight room at 3 months if approved by MD

\*\*\*\*Patient may return to competitive sports including contact sports by 6 months if approved.