



# Mid-America Orthopedics

**Dr. Justin Strickland**

1824 E. James, Derby, 67037 – (316) 630-9300

## **SLAP REPAIR PROTOCOL**

### **Day 1-14**

- **PRECAUTIONS: NO ACTIVE BICEPS CONTRACTION FOR 6 WEEKS**
- **PROM of elbow**
- **Sling:** Wear continuously except for hygiene and exercise
- **Exercise:**
  - Elbow/wrist/hand ROM
  - Pendulum
  - Overhead pulleys
- **PROM:**
  - Flexion to 130
  - Abduction to 90
  - ER 0-30 at neutral
  - Full IR

### **Day 15-21**

- **PRECAUTIONS: NO ACTIVE BICEPS CONTRACTION**
- **PROM of elbow**
- **Sling:** continue as above
- **Exercise:**
  - Begin submaximal isometrics
  - Continue with ROM ex as above
- **PROM:**
  - Flexion to 130
  - Abd to 90
  - ER 0-45 at 45 degrees

### **Day 22-28**

- **Sling:** Continue as above
- **Exercise:**
  - Add PRE's based on tolerance
  - No resisted shoulder elevations
- **ROM:** continue as per week 2-3

### **Days 29-56**

- **Sling and exercise:** continue as above
- **ROM:**
  - ER 0-60 at 90 degrees
  - Flexion: progress to full ROM
  - Abduction: progress to full ROM

### **Days 57-84**

- **Sling:** DC sling
- **Exercise:**
  - Begin progressive biceps activation and strengthening
  - Progress PRE to maximize RTC and scap strength
  - Total arm strengthening
  - Proprioceptive training
- **ROM:**
  - ER 0-90 at 90 degrees
  - All other ROM directions should be full

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.