

Bonnie P. Gregory, MD
SHOULDER ARTHROSCOPY WITH SLAP REPAIR
REHABILITATION PROTOCOL

	Range of Motion	Sling	Exercises/Strength
<i>PHASE 1</i> <i>Weeks 0-1</i>	Pendulums, elbow ROM, wrist/hand ROM	Sling at all times	grip strengthening
<i>Phase 2</i> <i>Weeks 1-4</i>	No IR up the back; No ER behind the head No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root PROM → AAROM → AROM ROM goals: 90° FF 20° ER at side	Sling for 4 weeks	grip strengthening
<i>PHASE 3</i> <i>Weeks 4-8</i>	Increase AROM 140° FF 40° ER at side 60° ABD IR behind back to waist	Discontinue sling, use for comfort as needed	Strengthening (isometrics/light bands) within AROM limitations Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
<i>PHASE 4</i> <i>Weeks 8-12</i>	If ROM lacking, increase to full with gentle passive stretching at end ranges		Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
<i>PHASE 5</i> <i>Months 3-12</i>	Full unrestricted ROM		Only do strengthening 3x/week to avoid rotator cuff tendonitis Begin UE ergometer Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks. Begin sports related rehab at 3 months, including advanced conditioning

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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