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## **ARTHROSCOPIC SLAP REPAIR PROCEDURE PHYSICAL THERAPY PROTOCOL**

### **WEEK 0-3**

- pendulums, ROM elbow, wrist and hand
- PROM: scapular plane elevation to 90dg; ER to 40 dg
- Scapula AROM: elevation and retraction

### **WEEK 3-4**

- PROM: scapular plane elevation to 140dg; ER to 60dg; IR
- AAROM: scapular plane elevation and ER to above limits Pulleys
- Scaption isometrics @ 30dg (against gravity)

### **WEEK 4-6**

- PROM: scapular plane elevation to 165dg; ER to 70dg
- AROM: scaption- supine @ 4wks, standing @ 5wks
- Sidelying ER
- Bodyblade: scaption @ 0dg, ER/IR - \* not aggressive\*
- Dynamic weightbearing on ball (bilateral)

### **WEEK 6-8**

- PROM: scapular plane elevation to full; ER to FULL
- ER/IR with resistive tubing
- ER/IR standing with weight
- Resisted scaption
- Upper Body Ergometer
- PNF D2 diagonal – AROM to light resistance

### **WEEK 8-10**

- PROM: to tolerance including cocking (ER @ 90dg ABD)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weightbearing on ball (unilateral)

### **WEEK 10+**

- Rebounder cocking and backhand toss
- Push ups
- Increase speed of training
- Increase emphasis on eccentric control of cocking

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