

## ARTHROSCOPIC SLAP REPAIR

### Post-Op (0-2 weeks)

- Use Shoulder Immobilizer at all times
- Cryocuff or Ice Pack Wrap x 5 days
- Pain control with prescription medication
- Dressing to remain clean and dry
- May come out of sling for elbow and wrist range of motion exercises

### Post-Op (2-6 weeks)

- Supine passive elevation
- Full Internal Rotation with arm at side
- External Rotation
- Continue Pendulum Exercises

### Post-Op (6-12 weeks)

- Passive Range of Motion → Active Assisted Range of Motion
- Active Assisted Range of Motion → Active Range of Motion
- Internal and External Rotation with Theraband with arm at side

### Post-Op (3-6 months)

- Continue strengthening program - unlimited
- Increase strength and endurance
- Proprioception
- Sport specific exercises
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### Post-Op (6 months)

- Return to Sport