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Physiotherapy protocol: SLAP Repair

Weeks 1-4:

- Sling for 4 weeks
- ROM goals: 90° FE / 20° ER at side
- No hand behind back or ER behind the head
- No resisted FF or biceps until 6 weeks post-op as to not stress the biceps root
- Heat before/ice after PT sessions

Weeks 4-8:

- Remove sling at 4 weeks
- Increase AROM 140° FE/ 40° ER at side/ 60° Ab/ IR behind back to waist
- Strengthening (isometrics/light therabands bands) within AROM limitations
- Also start strengthening scapular stabilisers (traps/rhomboids/lev. scap/etc)

Weeks 8-12:

- 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 stabilisers

Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motion exercises, proprioception, and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning and ballistics
- Return to throwing at 4 ½ months

Comments: