

## SLAP REPAIR



Post-op protocol for ***Daniel Myer, M.D.***

Sling Use:

Sling for 4 weeks

Phase I: (Passive)	Week 0-3	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Passive Range of Motion</li> <li>• Supine External Rotation – 0</li> <li>• Supine Forward Elevation - 90</li> <li>• Internal Rotation – beltline</li> </ul>
	Week 4	<ul style="list-style-type: none"> <li>• Supine External Rotation – Full</li> <li>• Supine Forward Elevation - Full</li> <li>• Internal Rotation – Full</li> </ul>
Phase II: (Active/Assistive)	Week 5	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Active Assistive Range of Motion with Terminal Stretch to prescribed limits</li> <li>• Supine-Seated External Rotation - Full</li> <li>• Supine-Seated Forward Elevation - Full</li> <li>• Internal Rotation - Full</li> </ul>
Phase III: (Resisted)	Week 6&7	<ul style="list-style-type: none"> <li>• Pendulums to warm up and continue with phase 2</li> <li>• External and Internal Rotation</li> <li>• Standing forward punch</li> <li>• Seated rows</li> <li>• Bicep Curls</li> <li>• PRE's for Periscapular Strengthening</li> </ul>
Weight Training:	Week 8	<ul style="list-style-type: none"> <li>• Keep hands within eyesight, Keep elbows bent</li> <li>• Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	8 weeks	Golf – chip & put
	4 months	Throwing Program Unrestricted golf Start full lifting program with PT / AT-C
	6 months	Contact Sports