

**KYLE R FLIK, MD**

[kyleflik@yahoo.com](mailto:kyleflik@yahoo.com)

**Post-Operative Rehabilitation Guidelines for  
SLAP/Labral Repair**

- 0-4 Weeks: Sling to be worn except for bathing and therapy.  
Passive to Active shoulder ROM as tolerated  
    90° Forward Flexion  
    40° External Rotation with arm at side.  
Grip Strength, Elbow/Wrist/Hand ROM, Codmans  
No resisted Elbow flexion to avoid stress on biceps anchor  
Modalities PRN
- 4-8 Weeks: Discontinue Sling  
Advance to AAROM and AROM (Goals FF to 140°, ER at side to 40°)  
IR behind back to waist/ABD to 60°  
Begin Isometric exercises  
    Progress deltoid isometrics  
    ER/IR (sub-maximal) with arm at side  
Begin strengthening scapular stabilizers
- 8-12 Weeks: Advance to full, painless ROM. Gentle stretching at end ROM  
Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers  
Only do strengthening 3times/wk to avoid rotator cuff tendonitis
- 3-12 Months: 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  
Return to throwing at 4 ½ months  
Throw from pitcher's mound at 6 months  
MMI is usually at 12 months