



**COLUMBIA UNIVERSITY
CENTER FOR SHOULDER,
ELBOW AND SPORTS
MEDICINE**

**ARTHROSCOPIC
SLAP REPAIR PROCEDURE
PHYSICAL THERAPY PROTOCOL**

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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