

Dr. Thomas X. Nguyen, MD's
SLAP Repair Postoperative Protocol

- Sling protection for first 4 weeks.
- Weeks 0 - 2: Pendulum exercises and passive external rotation can start after surgery.
- Weeks 3 - 4: Active-assisted and passive exercises are started.
- Weeks 5 - 6: Active exercises are progressed with goal of maximizing range of motion.
- After 6 weeks: Progressive strengthening
- 6 months: Return to sport