

SLAP Repair Postoperative Protocol

Immediate Postoperative Instructions

- **Activity:** Keep the sling on, remove only for hygiene. You may allow your arm to hang in order to extend your elbow.
- **Dressing:** You may remove the dressing in 2 days and then place Band-aids over the incisions for 1 week.
- **Shower:** You may allow the wound to get wet in the shower after 2 days when you remove the dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** If you have any questions or concerns, call us at (402) 609-3000.

Postoperative Plan

Sling Use:

- Sling for 4 weeks except for hygiene and exercises as outline below
- May remove for showers/dressing
- Avoid the “throwing position” for 3 months

Activity:

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- 6 Weeks: Golf (chip and put only)
- 12 Weeks: Tennis (no overhead)
- 4 Months: Sports Practice (Basketball, Football in brace, Soccer)
- 6 Months: May start throwing program, Wrestling drills
- Criteria for Full Return to Sport and Competition:
 - Clearance by Dr. Dilisio
 - Pain free and appropriate shoulder motion for specific sport
 - Full strength
 - No signs of instability

Physical Therapy Protocol

Phase I: Weeks 0-2

- Sling except for hygiene and exercises
- Full passive range of motion to fingers, wrist, and elbow
- Pendulum exercises to shoulder only, no formal physical therapy

Phase II: Weeks 2-6

- Continue sling use, may wean from sling at 4 weeks
- Start formal physical therapy, **passive and active assist motion only**
 - Forward elevation: 135 Degrees
 - External Rotation: 45 Degrees
 - Internal Rotation: Belt line
 - Avoid combined abduction and external rotation

Phase III: Weeks 6-12

- Discontinue sling
- Progress to active motion, no strengthening
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full
 - Avoid combined abduction and external rotation

Phase IV: Week 12+

- Gradual return to full activity