



Instability Rehabilitation (Labral repair / SLAP repair)

Phase 1

Sling

- 1) Full time use for first 4 weeks
- 2) Discontinue as tolerated after week 4

Weeks 0-4

- 1) Hand, wrist and elbow active motion
** NO ACTIVE BICEP for SLAP REPAIR for 4 weeks**
- 2) Active scapular motion (shrugs, retraction, protraction)

Phase 2

Weeks 5-9

- 1) Week 4 begin active assisted shoulder motion
 - Forward elevation
 - External rotation
 - Extension not beyond 0°
- 2) Initiate independent home motion
Home exercise program: AAROM for external rotation, Wall climbs, Table slides, Towel Stretch, Sleeper Stretch
- 3) After 4 weeks now ok for active bicep if SLAP repair

Weeks 10-12

- 1) Continue motion as needed
- 2) Begin Scapular Stability and Cuff strengthening if approved by Dr. Metcalf
- 3) Progress to overhead resistance with proper scapulohumeral rhythm
- 4) Avoid external rotation 90/90 or throwing position

Phase 3

Week 13+

- 1) Advance activity
 - Swimming (avoid extreme abduction/external rotation)
 - Begin throwing program progression if approved by Dr. Metcalf
 - NO Contact or at risk activities/sports until 6 months

6 Months

- 1) Return to regular activity/Sport
- 2) Maintenance Program
 - Daily Stretching (all planes)
 - Strengthening 2-3 times / week

Please check our website for updates: <http://www.rcmclinic.com>

