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## **SLAP TEAR/LABRAL TEAR REPAIR POSTOPERATIVE PROTOCOL**

### **0-2 Weeks**

- Sling immobilization is utilized for 4-6 weeks - the sling is only removed for hygiene, showering and therapy
- No shoulder motion
- Being passive elbow motion
- Begin active motion of the wrist and hand
- Return visit to the office for a 2 week visit

### **2-6 Weeks**

- Sling immobilization is utilized for 4-6 weeks - the sling is only removed for hygiene, showering and therapy
- Continue passive and begin active-assisted range of motion of the elbow
- Continue active motion of the wrist and hand
- Begin progressive passive and gentle active-assisted shoulder range of motion in all planes with no motion restrictions
- No shoulder strengthening exercises
- Return visit to the office for a 6 week visit

### **6-12 Weeks**

- Discontinue sling immobilization
- Active range of motion of elbow, wrist and hand
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- No Strengthening Exercises until 8 weeks postoperatively; then begin Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises
- Return visit to the office for a 12 week visit

### **3-6 Months**

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Continue Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises - advance strengthening exercise as tolerated
- Return visit to the office for a 6 months visit

*This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.*