



Orthopaedics Victoria

SLAP REPAIR

Patient name:

Date of surgery:

Surgeon:

***No active biceps/elbow flexion for 4 weeks**

***No resisted biceps curls for 8 weeks**

0-4 weeks

Pendular exercises only
Elbow and wrist exercises
Sling when not performing pendulums

4-6 weeks

Wean Sling
Active assisted ROM but no external rotation in abducted position

6-8 weeks

Active ROM
No external rotation in abducted position > 45 degrees

8-12 weeks

Strengthening phase (theraband)
No restriction in external rotation

12 weeks

Weight training and gym
Return to manual labour

6 months

Return to sports

MODIFICATIONS