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Physical Therapy Prescription-Arthroscopic SLAP Repair

MOON (Multicenter Orthopaedic Outcomes Network) Protocol

Name: _____ Date: _____

Diagnosis: R / L arthroscopic SLAP repair DOS: _____

Weeks 0-6 Therapy Phase I-Protective Phase. No PT

Sling: wear sling at all times except hygiene for 6 weeks

Range of Motion:

- Weeks 1-2; PROM, AAROM FF 60, ER to neutral, IR 45.
 - **No active ER, extension, or abduction**
- Weeks 3-4; PROM, AARMO FF 90, ER 30 (at side and 30ABD), IR 30 in 60 ABD.
 - **No active ER, extension, or abduction**
- Weeks 5-6; PROM, AAROM FF 145, ER 45 @ 50 ABD, IR 45 @ 60 ABD
- Week 6; initiate gentle ROM at 90 ABD, progress to 30 ER.

Exercises: begin isometrics at Week 2, no ER/IR

- Week 3-4; begin scapular stabilizers with arm in sling
- Week 5-6; initiate active ABD, “full can” exercises, prone rowing, prone horizontal abduction
- Week 6; begin biceps isotonic

Modalities: per therapist

Weeks 7-14 Therapy Phase II

Range of Motion: goal full PROM by week 10, full AROM by week 12

- Week 10-11; progress ROM to meet functional demands (i.e throwers)

Exercises: Begin isotonic strengthening, PNF strengthening, stretching

- Week 7-9; initiate Throwers 10 program

Modalities: per therapist

Weeks 15-20 Therapy Phase III

Exercises:

- Week 14-16; initiate plyometrics, restricted sports activities (light swimming, half-golf swings)
- Week 16; initiate interval sports program (i.e. throwing)

Modalities: per therapist

Weeks 20+ Therapy Phase IV

Exercise: Gradual return to sports specific activities as tolerated