

Winston Salem Shoulder

Dr. S. Bradley Winter, MD • OrthoCarolina

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SLAP & Labral Repair — Postoperative Rehabilitation Protocol

Arthroscopic SLAP / Labral Repair • Dr. S. Bradley Winter, MD

PHASE 1: PROTECTION | Weeks 0–4

GOALS

- Protect labral repair
- Minimize biceps tension
- Control pain

EXERCISES / ACTIVITIES

- Pendulums at week 2
- PROM forward flexion to 90°
- Passive ER to 30°
- Elbow/wrist ROM (no active elbow flexion if biceps anchor)
- Cryotherapy

PRECAUTIONS

- Sling full-time
- No active elbow flexion against resistance
- No ER past 30°

PHASE 2: EARLY MOBILITY | Weeks 4–8

GOALS

- Restore PROM
- Begin AAROM
- Scapular activation

EXERCISES / ACTIVITIES

- Full PROM in all planes
- AAROM forward flexion
- Begin active elbow flexion at week 6
- Scapular retraction
- Closed-chain exercises

PRECAUTIONS

- No resisted shoulder or elbow exercises

PHASE 3: STRENGTHENING | Weeks 8–14

GOALS

- Full AROM
- Rotator cuff strengthening
- Biceps loading

EXERCISES / ACTIVITIES

- Theraband IR/ER
- Biceps curls (light)
- Scapular stability
- D1/D2 PNF
- Core and hip integration

PRECAUTIONS

- Avoid heavy biceps curls
- No overhead throwing

PHASE 4: RETURN TO OVERHEAD ACTIVITY & SPORT | Weeks 14–24

GOALS

- Overhead strength and endurance
- Sport-specific training
- Return to throwing

EXERCISES / ACTIVITIES

- Interval throwing program (pitchers: week 16+)
- Overhead press progression
- Plyometric upper extremity
- Sport-specific drills

PRECAUTIONS

- Pitchers: minimum 6–9 months before return to mound
- Surgeon clearance required

This protocol is a general guideline and may be modified by Dr. Winter based on intraoperative findings, tissue quality, and individual patient factors. Do not progress through phases without clearance from your surgeon or physical therapist. Questions? Contact OrthoCarolina at (336) 765-5400.

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